

SEAL/SWCC NUTRITION TRAINING GUIDELINES

FUEL UP AT BREAKFAST: Skipping breakfast causes problems with effective training by increasing fatigue quicker with less power output.

- ✓ **Challenge #1:** Eat breakfast for one week and notice energy levels and gains in strength and mental performances.

EAT REGULARLY: 6-8 small meals are better than 3 large meals.

- ✓ **Challenge#2:** Plan your meals around 3 food groups. Eating more frequently avoids hunger and binge eating. It is most important to eat during the active part of the day.

GO FOR THE GRAINS: You need carbohydrates for muscle recovery and blood sugar maintenance.

- ✓ **Challenge #3:** Take the label to the table; purchase carbohydrates with more than 3 grams of dietary fiber per serving.

HYDRATE REGULARLY: Monitor the amount and color of urine and weigh yourself before and after a strenuous workout.

- ✓ **Challenge #4:** Record the amount of fluids you consume in ounces and compare to what you need by dividing your weight by 2 for ounces needed/day. Limit alcohol intake to **NO MORE** than 2 per 24 hours.

EAT THE APPROPRIATE AMOUNT OF FAT: Include healthful dietary fat in addition to adequate carbohydrates and calories to help fuel muscles and improve endurance performance.

- ✓ **Challenge #5:** Try natural peanut butter on bagels, extra virgin olive oil on salads, nuts for snacks and salmon for dinner.

STAY AWAY FROM SODA AND ENERGY DRINKS: Calcium is one of the most important nutrients for SEAL/SWCC candidates. Too much soda and energy drinks rob calcium from bones which can cause stress fractures.

- ✓ **Challenge #6:** Limit carbonated drinks from your diet and consume good sources of calcium-rich foods and beverages. Be sure to get at least 3 servings a day of milk, yogurt and cheese.