

PERFORMANCE NUTRITION



FOR THE WARRIOR ATHLETE



Performance Nutrition focuses on how a Marine fuels their body before, during, and after operational training or competition.

- Performance Enhancement focuses on:
- Optimizing body composition: Maintaining a healthy weight
 - Gradual improvements in eating habits: Food choices for energy
 - Education on the topic of supplement use and safety
 - How to adjust nutritional intake based on performance needs

Reference: Spriet L. L. (2019). Performance Nutrition for Athletes. Sports medicine (Auckland, N.Z.), 49(Suppl 1), 1-2. <https://doi.org/10.1007/s40279-018-1027-9>



PICK UP PROTEIN

- Aim to eat a serving for each meal
- Excess does NOT equate to better results
- Portion size: 1/4 the size of your plate



BRING ON THE WATER

- Aim for 2 cups of water in the morning and before each meal
- Recommendations for water consumption vary
- Average intake is half your body weight in ounces



PERFORM BETTER WITH BREAKFAST

- Prepares the body for the physical and mental demands of training
- Choose items that include protein: Greek yogurt, eggs, fruit, and whole grains make a great combo



FOCUS ON YOUR FRUITS & VEGGIES

- Vitamins and minerals are needed to facilitate daily function and immunity
- 1/2 of a meal should consist of fruits and vegetables (A plate is 1/4 protein, 1/4 grains and 1/2 fruits & veggies)



FATS ARE FRIENDS

- Fats assist with health, recovery, and growth
- The best fat choices are egg yolks, avocado, and fish such as salmon and tuna.



HAVE A SMART SNACK

- Snacks provide energy for physical and mental workloads
- Avoid mindless snacking or eating food just because it is there
- Smart snacks include nuts, fruits, veggies, and nut butters



EAT YOUR CALORIES, DON'T DRINK THEM!

- The USDA found on average, a person drinks 450 calories per day.
- Eating calories helps control hunger and release energy and nutrients over time to help sustain energy



BE SUPPLEMENT SAVVY

- Supplements complement a quality diet but they are not intended to replace healthy nutrition. Learn about supplements before buying them from Operational Supplement Safety
- Visit opss.org for more!

For more information, contact your installation [Semper Fit Health Promotion Program](#)

