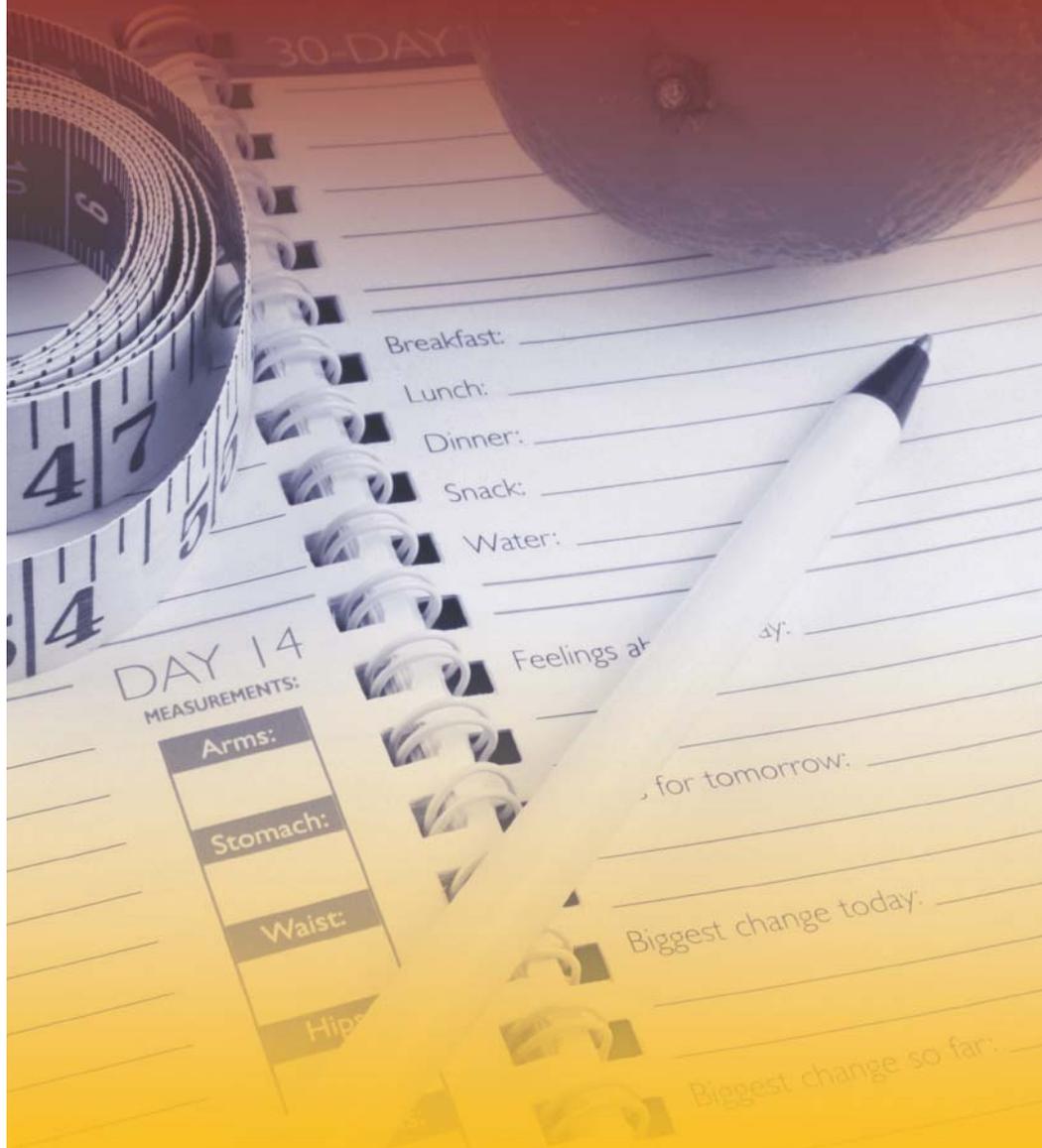


Candidate  
Name:

LAST NAME, FIRST NAME (PRINT ONLY)

# {Nutrition Guide}



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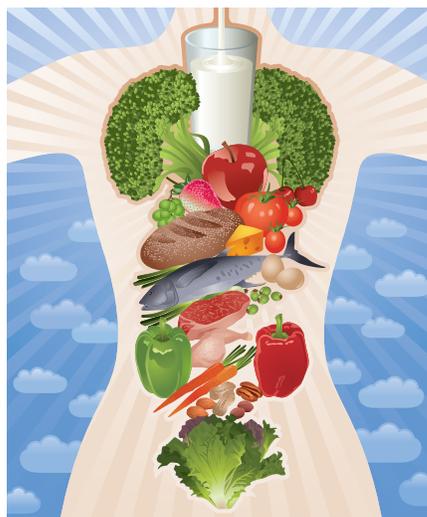
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## Taking The Right Steps

Exercise and nutrition are a large part of preparing yourself for the drill tower. If you haven't already, you should begin taking the right steps to adjust your diet and exercise program in preparation for a career in public safety. The goal is not to lose enough weight to meet the minimum requirements, but instead to begin living a healthy lifestyle now that will make your transition into the drill tower smoother, prevent potential injuries due to the physical nature of your work in the drill tower and put you on the path to overall good health.

This Nutrition Log, also available for download from the [JoinLAFD.org](http://JoinLAFD.org) website, will provide additional information in greater detail concerning healthy eating habits, weight management, how to read food labels and much more. A fundamental part of the Nutrition Log is the daily food diary. You will use the food diary pages to track your eating habits in an effort to help you to make better food choices. You should begin the day you receive your Nutrition Log and continue throughout your time at the drill tower.

Use this Nutrition Guide and Fitness Log to prepare you for the drill tower.



## A Guide to Eating Healthy

A healthy diet is an essential component of preparation for and success in the drill tower. Proper nutrition helps you to be both physically and mentally prepared. It can decrease the chances of injury and illness during training, and help you achieve or maintain a healthy body weight. Establishing a foundation of healthy eating will significantly reduce your risk of chronic illnesses such as diabetes, cancer and cardiovascular disease.

It can be challenging to sort out reliable information about healthy eating. This booklet will provide some basic guidelines to help you get started. You may also refer to the resource list at the end of this guide, or start navigating at: [www.mypyramid.gov](http://www.mypyramid.gov)

### WHAT IS A “HEALTHY DIET”?

The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts;
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.



How do you translate these guidelines into actions?

Here are a few simple suggestions:

- Include a fruit or vegetable with every meal or snack.
- Drink water, low fat or non fat milk instead of sweetened beverages.
- At fast food establishments, choose grilled chicken sandwiches instead of burgers.
- Have a small handful of nuts or seeds (such as sunflower seeds) in place of chips.
- Eat a vegetarian meal that includes beans at least once a week.
- Choose 100% whole grain or whole wheat bread for sandwiches.

Reading the Nutrition Facts on food labels may also help when deciding if a food fits into a healthy diet (more information on how to read nutrition labels page 11).

Beyond changing what you eat, other habits are also important, such as **WHEN YOU EAT:**

1. Eat breakfast everyday - that means eating something within 1-2 hours of waking. People who eat breakfast typically weigh less, have less food cravings, and tend to eat healthier foods throughout the day.
2. Eat on a regular schedule - have a meal or snack about every four hours. This will reduce overeating later and help keep blood sugar levels even for better physical and mental performance.
3. Have the last meal of the day at least 1-2 hours before bed.

### **Overweight and Obesity**

Body Mass Index (BMI) is one measure of how much body fat a person has. Ideally your BMI will fall somewhere between 18 and 24. Approximately one-third of adults have a BMI of 30 or greater, which typically indicates excessive body fat. Excess body fat can increase the risk of:

- Coronary Heart Disease and Stroke
- Type 2 Diabetes
- Certain cancers
- High blood pressure
- High cholesterol
- Liver and Gallbladder disease
- Sleep apnea and respiratory problems
- Osteoarthritis
- Gynecological problems



**Take a moment to determine your BMI and other health indicators related to weight:**

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight					Healthy					Overweight					Obese			Extremely Obese					
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

Body fat percentage, waist size, and certain health risk factors should also be considered when assessing health risk and whether or not you need to lose weight. Talk with your health care provider if you have questions or concerns.

Waist size is another way to measure healthy weight. If your waist circumference is high (for men - greater than 40 inches, for women - greater than 35 inches), your risk of weight-related illnesses are increased. To measure your waist size, place a tape measure around your bare abdomen just above your hipbone. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist.

**Risk Factors**

- High blood pressure (hypertension)
- High LDL ("bad") cholesterol
- Low HDL ("good") cholesterol
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking

Body fat estimates, BMI, waist size and risk factors together give a picture of your health risk related to being overweight and obesity. Taking steps to achieve and maintain a healthy weight and reduce risk factors can enhance your drill tower performance and lead to a longer, healthier life.

**Individuals are advised to consult with their healthcare professional before starting any diet or exercise program**

**How Can I Move Toward a Healthier Weight?**

Reaching a healthy weight is a balancing act between the amount of calories (energy) consumed and the calories burned through physical activity and normal body functions.

**A Guide to Eating Healthy**

A healthy diet is an essential component of preparation for and success in the drill tower. Proper nutrition helps you to be both physically and mentally prepared. It can decrease the chances of injury and illness during training, and help you achieve or maintain a healthy body weight. Establishing a foundation of healthy eating will significantly reduce your risk of chronic illness such as diabetes, cancer and cardiovascular disease.

It can be challenging to sort out reliable information about healthy eating. This booklet will provide some basic guidelines to help you get started. You may also refer to the resource list at the end of this guide, or start navigating at by visiting [www.mypyramid.gov](http://www.mypyramid.gov)

**Personal Goal: Losing Weight**

Some firefighter candidates may need to reach a healthier weight prior to appointment. The best way to succeed at weight loss is to slowly reduce calorie intake while increasing physical activity. A reasonable goal for weight loss is 1-2 pounds per week. This rate of weight loss can be achieved by reducing daily calorie intake by 500-1000 calories or by combining reduced calorie intake with increased physical activity. Weight loss cannot be achieved overnight; it takes time to lose body fat. Taking extreme measures such as fasting, skipping meals, using weight-loss supplements or following very low-calorie diets to lose weight more quickly can decrease strength and fitness. It may also increase the chances of injury. All of these could hurt your performance in the drill tower.

## Healthy Ways to Reduce Calorie Intake:

### 1. Change WHAT you eat:

**Cut back or eliminate foods and beverages that are high in calories and have few or no nutrients:**

- All sweetened beverages
- Fried foods such as chips, french fries, fried chicken
- White bread, white rice, regular crackers
- Pastries, candies, desserts
- Alcoholic beverages

**Replace these foods with foods that contain plenty of nutrients with less calories:**

- Fruits
- Vegetables
- Whole Grains
- Low fat or non-fat dairy products
- Lean protein foods cooked without added fat

**Choose foods that make you feel full longer:**

- High fiber foods such as fruits, vegetables and whole grains
- Protein
- Healthy fats

### Good Sources of Healthy Fat

Avocado	Certain fish:	Vegetable oils:
Nuts:	Salmon	Canola
Almonds	Trout	Olive
Peanuts	Tuna	High oleic safflower
Pistachios	Herring	Sunflower
Walnuts	Sardines	
Seeds:	Mackerel	
Flax		
Sunflower		
Pumpkin		

### Good Sources of Lean Protein

Skinless chicken or turkey	Dry beans and peas such as:
Fish	Black beans
Egg whites	Pinto beans
Lean beef, pork, or lamb	Black eyed peas
Lean ground meat	Lentils
Low-fat or non-fat milk or yogurt	Kidney beans
Protein powder supplements	Soy beans (tofu, soymilk, soy powder)
	Chickpeas/ Garbanzo beans

### 2. Change HOW MUCH you eat:

- Buy smaller portions- avoid super sizes at restaurants and grocery stores.
- Serve yourself less food.
- Use a salad size plate instead of a dinner plate.
- At restaurants, share entrees, order lunch portions or take home half portions.
- Stop eating when you are 80% full.
- Stay hydrated by drinking plenty of water: 8 oz. cups daily.
- Eat more slowly - you will eat less.

### 3. KEEP TRACK of your progress:

- Write down what you eat and drink- research shows that people who keep a food log lose significantly more weight than those who don't. A sample food diary is included at end of this booklet.
- Maintain the candidate Fitness Log to keep track of your physical activity.
- Set goals, write them down, and regularly update them as you progress.

### Calorie Expenditure: Physical activity

As much as 60 to 90 minutes of moderate-intensity physical activity on most days may be necessary to lose weight.

### Personal Goal: Maintaining Current Weight

For those who are already at a healthy weight, it may still be advisable to make small reductions-50 to 100 calories per day- in what you eat to prevent weight gain over time. In addition, maintain a minimum of 2 ½ hours of physical activity every week.

## Personal Goal: Healthy Weight Gain

To gain weight, you may need to increase your current intake by up to 500 calories daily while increasing strength training. To add calories in a healthy way, choose lean protein foods and healthy fats.

### Daily Estimated Calorie Needs

It may be helpful to estimate how many calories you need per day and how many calories are burned during exercise. For calorie needs estimations use chart below

Estimated Calories Needed by Gender, Age, and Activity Level

Gender	Age (Years)	Sedentary	Moderately Active	Active
Women	19 - 30	2,000	2,000 - 2,200	2,400
	31 - 50	1,800	2,000	2,400
	51+	1,600	1,800	2,000 - 2,200
Men	19 - 30	2,400	2,600 - 2,800	3,000
	31 - 50	2,200	2,400 - 2,600	2,800 - 3,000
	51+	2,000	2,200 - 2,400	2,400 - 2,800

**Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.



**Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

**Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

## How to Read a Nutrition Label

### Macaroni and Cheese

Nutrition Facts			
Serving Size 1 cup (228g) Serving Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 110		
	<b>% Daily Value*</b>		
<b>Total Fat</b> 12g	18%		
Saturated Fat 3g	15%		
<i>Trans</i> Fat 3g			
<b>Cholesterol</b> 30g	10%		
<b>Sodium</b> 470 mg	20%		
<b>Total Carbohydrate</b> 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
*Percent Daily Value are based on a 2,000 calorie diet. your Daily Value may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Cabohydrate		300g	375g
Dietary Fiber		25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

FDA, U.S. Food and Drug Administration: <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>

## **The Serving Size**

The size of the serving on the food package influences the number of calories and nutrient amounts listed on the top part of the label. In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers, including the % Daily Values.

## **Calories (and Calories from Fat)**

The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.) Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

In the example, there are 250 calories in one serving of this macaroni and cheese. How many calories from fat are there in ONE serving? Answer: 110 calories, which means almost half the calories in a single serving come from fat. What if you ate the whole package content? Then, you would consume two servings, or 500 calories, and 220 would come from fat.

### **General Guide to Calories**

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high

## **The Nutrients: How Much?**

Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

### **Limit These Nutrients**

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as “**Limit these Nutrients**”. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.

### **Get Enough of These**

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as “**Get Enough of these Nutrients**”.

Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

### **Understanding the Footnote on the Bottom of the Nutrition Facts Label**

Note the asterick(\*) used after the heading “Percentage Daily Value” on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you “Percentage DVs are based on a 2,000 calorie diet”. This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn’t change from product to product, because it shows recommended dietary advice for all Americans—it is not about a specific food product. The Daily Values (DV) for each nutrient listed is based on public health experts’ advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500-calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.

### **The Percent Daily Value (%DV):**

The Percentage Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients but only for a 2,000-calorie daily diet—not 2,500 calories. The %DV helps you determine if a serving of food is high or low in a nutrient. The %DV column doesn’t add up vertically to 100%. Instead each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). This way you can tell high from low and know which nutrients contribute a lot, or a little, to your daily-recommended allowance (upper or lower).



## Quick Guide to % DV:

	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30g	10%
<b>Sodium</b> 470 mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5% DV or less is low and 20% DV or more is high. This guide tells you that 5% DV or less is low for all nutrients, those you want to limit (e.g., fat, saturated fat, cholesterol, and sodium), or for those that you want to consume in greater amounts (fiber, calcium, etc). As the Quick Guide shows, 20% DV or more is high for all nutrients.

## Valuable Resources

### General nutrition information:

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.nutrition.gov](http://www.nutrition.gov)

[www.webmd.com](http://www.webmd.com)

### Weight control information:

Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)

Weight control information network: [win.niddk.nih.gov](http://win.niddk.nih.gov)

Serving sizes: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### Sports nutrition information

American College of Sports Medicine: [www.acsm.org](http://www.acsm.org)

National Strength Training and Conditioning Association:

[www.nscs-lift.org/NSCASportsNutrition](http://www.nscs-lift.org/NSCASportsNutrition)

### Other resources:

Healthy restaurant meals: [www.healthydiningfinder.com](http://www.healthydiningfinder.com)

Calorie content information: [www.calorieking.com](http://www.calorieking.com)

## **CALORIES BURNED FOR TYPICAL PHYSICAL ACTIVITIES**

**Based on a 154 pound individual**

<b>Physical Activity</b>	<b>Approx. Calories Burned /Hour</b>
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440

## My Personal Profile

Today's date: \_\_\_\_\_

Age: \_\_\_\_\_

Height (in.): \_\_\_\_\_

Weight (lb.): \_\_\_\_\_

BMI: \_\_\_\_\_

A healthy weight range for my height is: (Based on the BMI chart)

\_\_\_\_\_

Waist size (in.):

\_\_\_\_\_

## Food Diary

### Keys to Success:

- Record as you go
- Be specific about amounts and foods
- Be honest, record everything you eat and drink
- Weigh yourself at the end of each week. Record your results.
- Want to see how you are doing? [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov) OR [www.fitday.com](http://www.fitday.com):  
You can input your food and activity intake for an analysis.

### \*Hunger Level:

Rate your hunger before the meal and after a meal on a scale 0-10 where

1= starving

3= hungry

5= neither hungry or full

6=satisfied

8=uncomfortably full

10=Thanksgiving full

**Note: The Nutrition Log is designed to accompany a four-month fitness and health program. Only one month worth of diary pages are included in this booklet. Please visit [JoinLAFD.org](http://JoinLAFD.org) to download additional nutrition log pages to complete your program.**

**SAMPLE ONLY**

**SUNDAY/WEEK ONE**

**SAMPLE ONLY**

**Daily Nutritional Intake**  
**Food/Beverage**

**CALORIES**

**FAT**

**CARBS**

Food/Beverage	CALORIES	FAT	CARBS
<u>Breakfast</u>			
English Muffin (whole wheat)	58	5 g	11.5
1 hard boiled egg	13	.9 g	1
1 banana	72	.3 g	18.5
<u>Lunch</u>			
chicken ceasar salad w/ dressing	446	27.9 g	22.9
Iced Tea	3	0 g	.3
<u>Snack</u>			
Popcorn	31	.3 g	6.2
<u>Dinner</u>			
Turkey Burger w/whole wheat bun	244	8 g	2.9
w/mustard, lettuce leaf, 1 slice tomatoe,			
1 slice onion w/ side salad w/oil vinager	105	8 g	7.4
dressing			
<u>Snack</u>			
Yogurt (low fat)	100	1.2 g	21.5
8 vanilla wafers	125	4 g	21.3
<b>DAILY TOTALS:</b>	1197	55.6 g	158.7 g

**WEIGHT:** 153 LBS.

**WATER INTAKE (# OF 8oz. Glasses)** 8

**VITAMINS AND SUPPLEMENTS:**

Women's Daily Multi Vitamins (Centrium)

**ENERGY LEVEL:**

**LOW**

**MEDIUM**

**HIGH**

**CALORIES BURNED:** \_\_\_\_\_















**WEEK ONE SUMMARY**

DATE: \_\_\_\_\_

CURRENT WEIGHT: \_\_\_\_\_

GOAL WEIGHT: \_\_\_\_\_

CURRENT BMI: \_\_\_\_\_

CURRENT WAIST SIZE (INCHES): \_\_\_\_\_

COMMENTS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_