

Nutrition.

Critical for optimizing and sustaining physical and mental performance as well as supporting accelerated recovery.

Guidelines:

1. Eat Every 3-6 Hours. When your physical training increases, so does your body's requirement for energy. For example, if you are not in the habit of eating breakfast, you must also train your gut to accept a larger volume of food / at the beginning of the day. Start training your gut now.

2. Support your performance with wholesome food choices.

Include more whole foods/home cooked meals whenever possible vs fast food and packaged convenience foods, which sabotage performance.

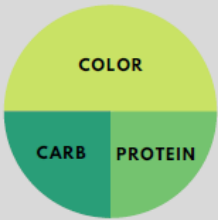
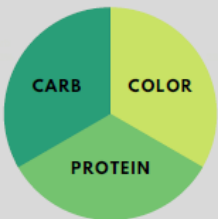
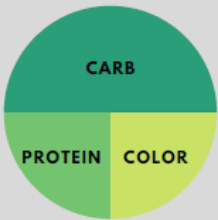
Use the Performance Plate diagram to guide your eating. →

- ✓ *Carbohydrate rich foods include:* yogurt, fruit, hot or cold cereal, milk/chocolate milk, potatoes, peas, corn, beans, bread/tortillas, pasta, rice, and quinoa, as well 100% juice and full strength sports drink.
- ✓ The color on your plate should come from *fruits and vegetables*. If this is new to you, make a point to experiment and try more these foods on a regular basis. They contain MANY nutrients that are anti-inflammatory, anti-oxidant, and which support healthy metabolism and muscle building.
- ✓ Protein-rich foods should be lean and high quality: nuts, seeds, low fat dairy, tofu/edamame/soy milk, beans, eggs, chicken/turkey, fish, meat

3. Good aesthetics (how your body looks) does not always equal great performance. Focus on your training and eating foods that support performance. If you are meeting your performance goals, the appropriate body composition for you will naturally follow. (NOTE: Even if you think you need to lose weight, you must still eat enough food to spare muscle and support training adaptation.)

PERFORMANCE PLATES

CHOOSE THE PERFORMANCE PLATE THAT BEST MATCHES YOUR ACTIVITY FOR THE DAY & USE THAT PLATE AS A GUIDE FOR BREAKFAST, LUNCH, DINNER. ATHLETES SHOULD ALSO INCLUDE 2-3 SNACKS PER DAY + A POST-WORKOUT SNACK.

	TRAINING PLATE	TRAINING EXAMPLES
LOW INTENSITY TRAINING & REST DAYS		<ul style="list-style-type: none">• Rest Day/No Practice• Light Body Weight Training• Casual Walks• Short Jogs• Weight Loss
MODERATE INTENSITY TRAINING		<ul style="list-style-type: none">• Most Practices• Most Workouts• ~1 hr Strength Training• Endurance Practice + 30 Min Weight Training• 3-5 Mile Runs• Weight Maintenance
HARD INTENSITY TRAINING		<ul style="list-style-type: none">• Game/Competition Days• Tournaments• Pre-Season• Two-A-Days• Weight Gain

Color = Fruits + Veggies

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Hydration.

Critical for optimizing and sustaining physical and mental performance as well as supporting accelerated recovery

Guidelines:

1. Monitor your urine color. “First void,” or the first time you urinate for the day, is an excellent indicator of how well you hydrated the day before. If your urine is pale yellow, you are likely hydrated. Darker color indicates a more highly concentrated urine and a greater degree of dehydration. See chart for urine color and corresponding hydration levels.

2. Drink steadily and intentionally throughout each day to achieve and maintain a pale yellow urine color. (NOTE: certain foods, supplements, and medications can also change urine color.) Large stature individuals will require more fluids to stay hydrated.

Water or sports drink may be used *during* a workout; water, milk, or 100% juice can be used as rehydration beverages *after* a workout. In case you are wondering, alcohol and energy drinks are not hydrating beverages.

3. Eat fruits and vegetables daily. They contain fluid and electrolytes that will assist in rehydration.

SW PREP HYDRATION CHART				
COLOR #	COLOR	URINE SPECIFIC GRAVITY	INDIVIDUAL HYDRATION STATUS	TEAM STATUS
1		<1.009	HYDRATED	PERFORMANCE READY
2		1.009 – 1.020		
3				
4		1.021 – 1.025	Mild Dehydration	SELFISH TEAMMATE
5				
6		1.026-1.030	Significant Dehydration	BLATANT DISREGARD FOR YOUR TEAMMATES AKA BLUE FALCON
7				
8		>1.031	Severe Dehydration	YOU ARE A BAD AIRMEN

Supplements.

Not required for optimizing and sustaining performance, not required for accelerated recovery.

Performance enhancing substances with a supplement facts label are NOT allowed in Air Force Special Warfare training. **Do not rely on products with a supplement facts label to help you meet or maintain your performance goals.** This includes--but is not limited to--vitamins, protein powders, chews, gels, BCAA's, sleep aids, thermogenic aids, etc---in any form. Caffeine in the form of energy drinks or supplements are NOT allowed in training.

In summary, if you follow the recommendations below/in this brief, you will excel without supplements. Use the time you have now to:

1. Get your beauty sleep. Recovery happens best when you rest, aim for at least 7 hours/night to support muscle repair and growth and reduce stress.

2. Eat like an athlete. Many “high performance” supplement ingredients exist naturally in colorful and nutrient dense foods. Use the Performance Plates as a guide, and you will consume adequate amounts of all nutrients necessary for performance.


3. Stay hydrated. Doing so will reduce risk of injury as well as aches, pains, and cramping. A variety of fluids can help you stay hydrated-- milk, water, orange juice, or sports drink are ideal.

Recommended resources for further information:

- [Human Performance Resources, Warfighter Nutrition Guide](#)
- [Human Performance Resources, Performance Nutrition](#)
- [US Olympic Committee Nutrition Guide](#)
- [US Anti-Doping Agency, Sports Nutrition Guide](#)



Nutrition Facts	
Serving Size 172 g	
Amount Per Serving	
Calories 200	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 11g	45%
Sugars 6g	
Protein 13g	
Vitamin A 1%	Vitamin C 1%
Calcium 4%	Iron 24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	



Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as di-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%