



FIREFIGHTER CRAFTSMANSHIP  
PRESENTS:

# NUTRITION FOR THE FIRE SERVICE

by Jon McKeon

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# WHY CARE ABOUT NUTRITION?

Nutrition, or how and what we eat, has a significant impact on our body and how it operates. It can also be very confusing to know how to do it the right way. We hope that this article makes things a little easier for you to dial in your nutrition as a tactical athlete.

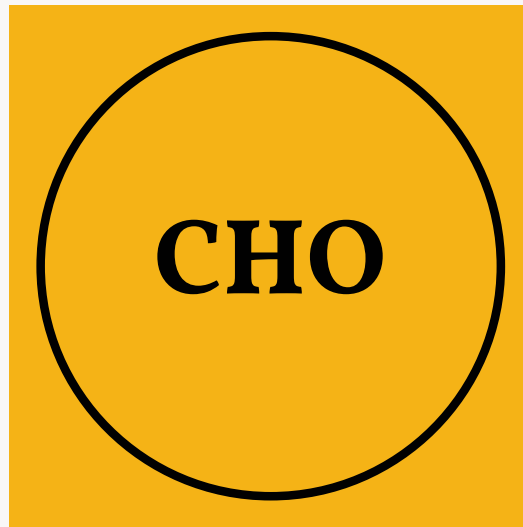
## THE BASICS

It's important to understand that food is fuel for your body and has a direct impact on output. What you eat influences your body through hormonal changes that affect your system and how it operates. It's important to understand that impact so you can use nutrition to your benefit.

# THE 3 MACRONUTRIENTS



**PROTIEN**



**CARBOHYDRATE**



**FAT**

**PRO**

## **PROTEIN**

Beef, Chicken, Pork, Fish, Eggs,  
Cheese, Milk

**CHO**

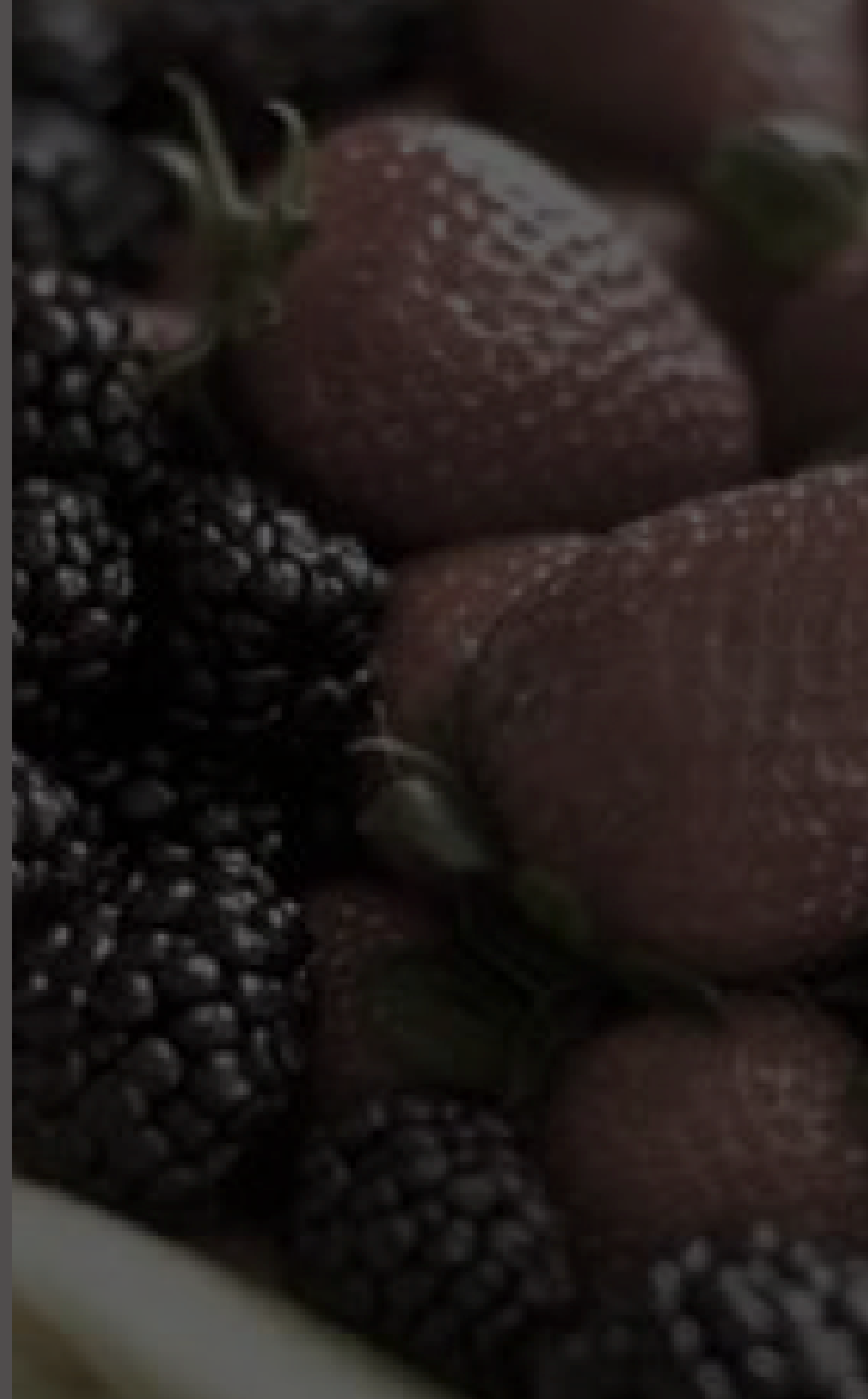
## **CARBS**

Fruits, Vegetables, Bread, Rice,  
Pasta, Oats

**FAT**

## **FAT**

Oils (olive, vegetable, canola),  
Avocados, Nuts (almonds,  
walnuts, macadamias), Butter,  
Ghee, Heavy Cream



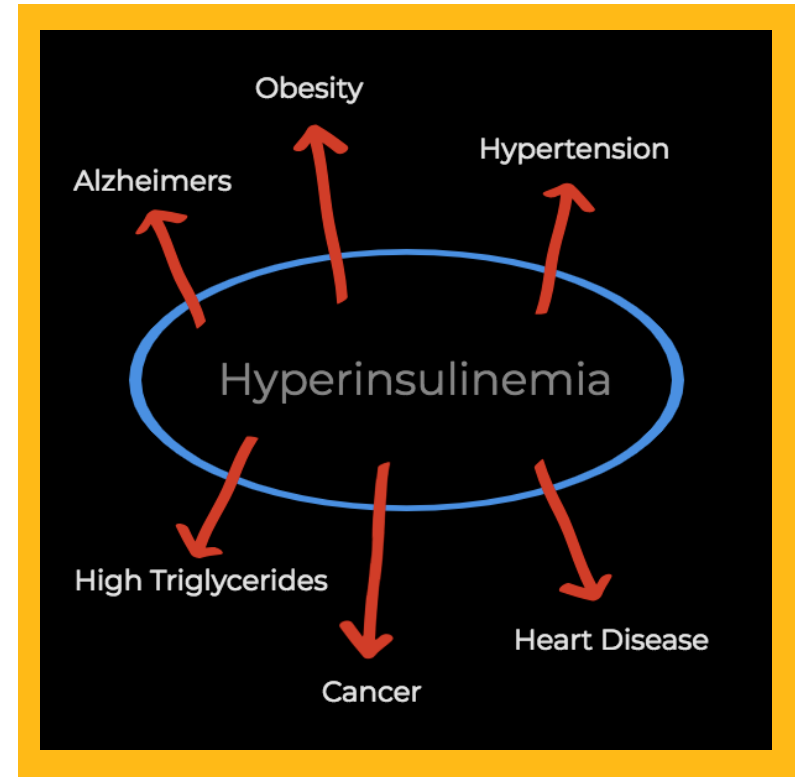
## HOW THEY IMPACT THE BODY

Food causes hormonal release within the body. When protein is eaten, it causes the release of glucagon. Glucagon is a mobilization hormone causing energy to be released from the cells. When Carbs are eaten, they cause the release of insulin. Insulin is a storage hormone which drives cellular storage, storing energy as well as fat.

Why does this matter? Because the goal for most should be an attempt to balance the consumption of protein and carbs at every meal. By keeping these macronutrients and thus the hormones they release in balance we stay in a sweet spot where our body is energized without storing excessive fat.

# THE PROBLEM WITH CARBS

Our country is neck deep in an obesity epidemic and there's little doubt that the culprit is excessive consumption of processed carbohydrates. High glycemic carbohydrates are carbs that rapidly raise blood sugar. This rapid blood sugar increase causes the release of insulin in the body's attempt to remove the large amount of sugar from the bloodstream. This not only causes the storage of fat, but the process repeating consistently over time causes Hyperinsulinemia, which is a steady state of raised blood sugar.



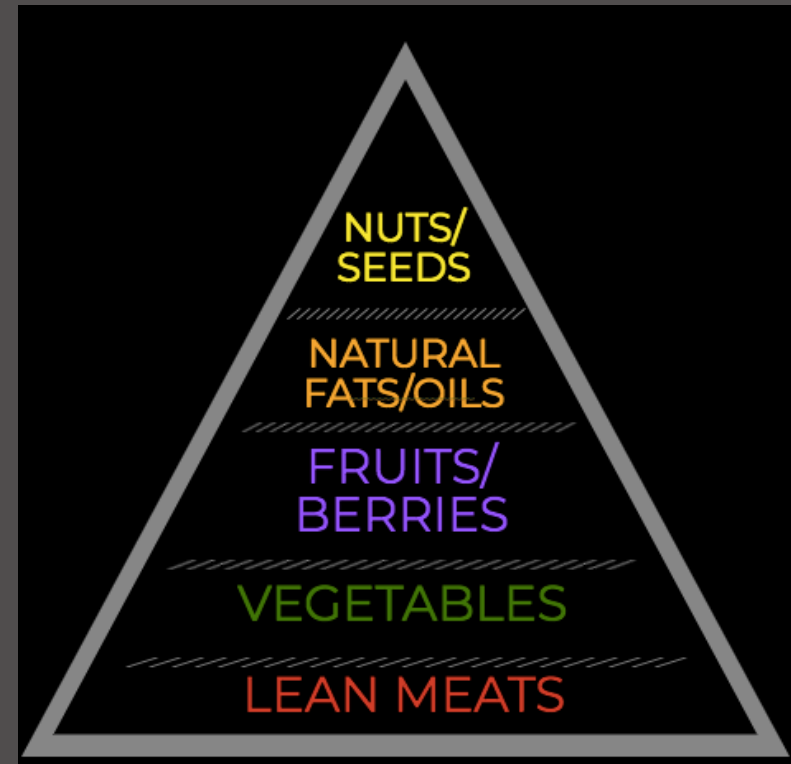
Hyperinsulinemia has been linked to a list of disease processes including but not limited to Alzheimer's, cancer, hypertension, high triglycerides, obesity, and heart disease. These health issues are also present in our population of firefighters.

Fortunately, dialing in our nutrition to help combat lifestyle induced disease is simple. Simple, but not always easy. Here's some ideas on how you can make your nutrition better both at home and at the firehouse.

# FOCUS ON QUALITY

Focusing on high quality food is a great way to start. What's quality? Quality is real food with minimal ingredients or processing. A way to think about quality is to picture the foods that line the perimeter of the grocery store. Fruits, vegetables, meats, and dairy all lie at the perimeter of the store because these foods have a short shelf life. They will expire rapidly because they are not highly processed or loaded with preservatives. These higher quality foods also have more micronutrients than their processed counterparts, which is another argument for their importance.

*Focus on quality  
and prioritize what  
you're eating following  
the diagram.*

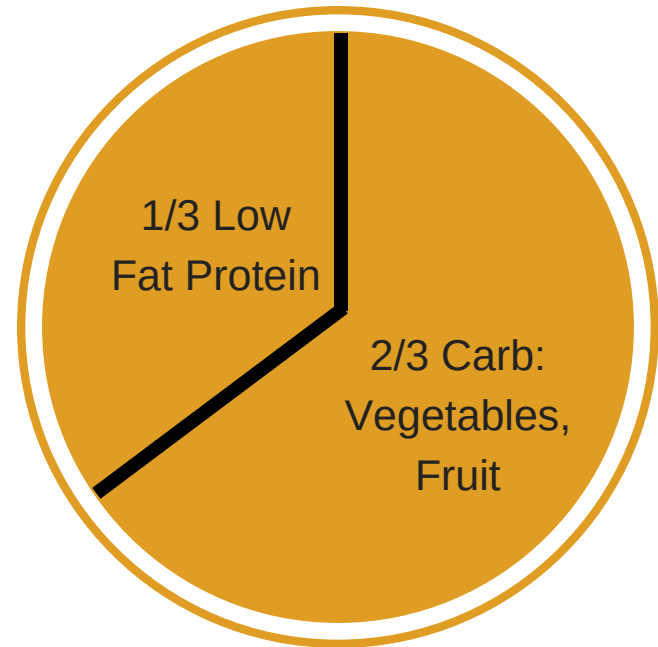


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## HOW TO DO IT AT THE STATION

Focusing on nutrition may sound challenging, but it's easier than you think. An easy way to dial things in is using your plate as a guide. Divide the plate into 3rds, filling 1/3 with a protein source and 2/3 with vegetables. This small focus on portion control and balanced macronutrients has had significant impacts on many.





# DINNER TIME

Here are some example meals for the station:

## Dinner 1:

Grilled Steak

Cubed Potato Seasoned and Oven Roasted

Sautéed Asparagus in Olive Oil

Green Salad

## Dinner 2:

Cook a pork shoulder in the crock pot

Baked Sweet Potato

Sautee a mix of peppers an onions

These are just two examples of easy meals that fit the bill. There are endless resources for recipes and meals online. When looking at a recipe, filter it with the information we've shared and make sure it meets your needs.

Dialing in your nutrition can seem like a huge challenge, but a little effort and practice goes a long way. The benefit is that getting your eating habits squared away can have a significant impact, especially when coupled with a consistent, effective fitness program. You don't need to be perfect, none of us are. Striving for an 80/20 split where your nutrition is on point 80% of the time is going to make a huge impact.

Set a goal as a crew to tighten things up and get to work, it's easier than you think!

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