



# Performance Nutrition Fact Sheet

USPHS Officers need to treat their body like a high-performance vehicle. Putting the wrong type of fuel into your body will lead to decreased performance and chronic disease. Choosing nutrient-dense foods will improve performance, cognition and overall well-being.

## Use the Athlete's Plate

- Easy: Most Officers: 1 workout per day
- Moderate: 2 workouts per day
- Hard: Intense operations/weight gain

## Nutrient Combining

Combine high quality carbohydrates with a fat/protein every time you eat

### CARBOHYDRATES:

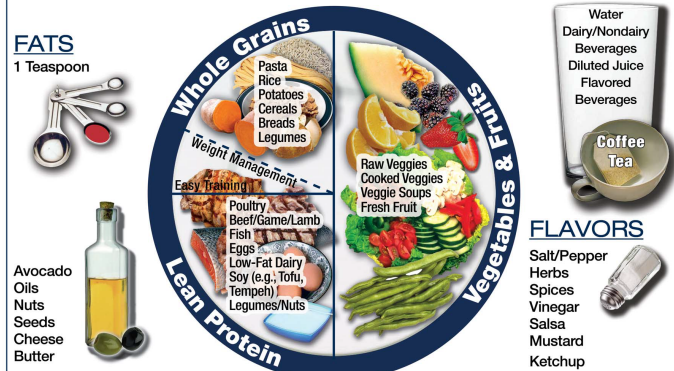
- **Vegetables (raw or cooked - Pile them on)**
  - o Broccoli, cabbage, cauliflower, green beans, brussel sprouts, leafy greens, carrots, okra, zucchini, asparagus, peppers, mushrooms
- **Starchy Vegetables/Starches (1/2 cup)**
  - o Sweet potatoes/yam, potatoes, corn, winter squash, peas
  - o Rice, quinoa, pita bread, farro, bulgur, oats, beans
- **Fruits**
  - o Apple, banana, plum, peach, pear, kiwi, orange (1 whole fruit)
  - o Strawberries, blackberries, blueberries, pineapple, watermelon, grapes, papaya, cherries (1 cup)

### PROTEIN/FATS:

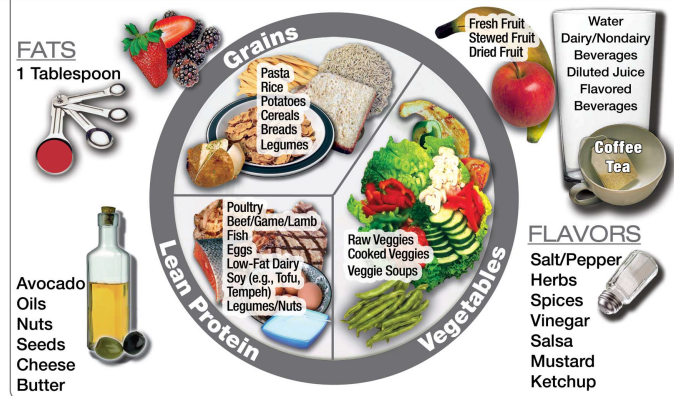
- **Meat/Fish (3-6 oz. baked/sautéed)**
  - o Chicken, beef, salmon, pork loin, turkey, shrimp, game meat, cold water fish
- **Other Protein (3/4 cup)**
  - o Eggs, Greek yogurt, dairy, cottage cheese, tofu, tempeh
- **Best Fats**
  - o Avocados (1/2 cup), extra virgin olive oil (2 tsp), nuts (1/2 cup), seeds, chia seeds

**Pro Tip: Choose foods closest to how they would be found in nature!**

## EASY TRAINING / WEIGHT MANAGEMENT:



## MODERATE TRAINING:



## HARD TRAINING / RACE DAY:

