

➔ **Lean proteins** provide the amino acids your muscles need to grow, repair, and recover. Sources: skinless poultry, fish, lean beef, and pork; low-fat milk and yogurt; legumes (beans), eggs, and tofu. Nuts and seeds are also a good protein (and healthy fat) source.

Healthy Fats — Unsaturated fats, especially omega fatty acids, can be healthy when eaten in small amounts. Sources: olives, salmon, walnuts, almonds, flax, and avocados.

Your plate should be proportioned like the plate below...**EVERY MEAL, EVERY DAY!** Portion sizes and snacks will vary based on your energy needs and training goals.



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Eat Right and Get Results
Learn more about the Performance TRIAD at
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Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME



**Eat Right and
Get Results**

**Nutrition Tips for the
Soldier Athlete**



Fueling with the right amount of **Carbohydrate, Protein, and Healthy Fats** promotes energy, endurance, stamina, and muscle growth. Benefits of proper fueling include:

- ➔ Maintaining a healthy weight.
- ➔ Decreased post-exercise muscle soreness.
- ➔ Stronger and healthier muscles.

Plan your meals like you plan your workouts! A plan for eating and hydrating before, during, and after physical training is essential.

Pre-Workout: Don't start your workout on an empty tank!

- ➔ Eat a snack or small meal 2-4 hours before exercise.
- ➔ Drink 2-3 cups of water approximately 2-3 hours prior to exercise.
- ➔ Early morning workouts can be fueled with 8-16 ounces of sports beverage, piece of fruit, toast, or other light snack.

During: Finish the workout as hard as you started!

- ➔ Most people don't need anything other than water during exercise lasting less than 1 hour.

For sessions lasting 60-90 minutes or more:

- » Starting at the 20-minute mark, consume 10-20 grams of carbohydrate (fruit, sports drink, commercial sports bar or granola bar, gel shot, etc.) every 20 minutes.

- ➔ Use a sports drink (containing sodium and carbohydrate) as your fuel and fluid.
- ➔ Energy drinks are not the same as sports drinks and should never be used for hydration.

Post-Workout: Don't waste your workout!

- ➔ Timing is crucial for optimum growth and recovery from your workout.
- ➔ Refuel and rehydrate within 30-60 minutes after strenuous activity.
- ➔ Eat a mixed fuel of carbohydrate and protein.
- ➔ Great post-activity muscle recovery and energy boosters include: low-fat chocolate milk, 100% fruit juice (8 oz), whole-grain bread with peanut butter and banana, low-fat yogurt plus fruit, or a commercial protein-containing sports bar.

You can't "out-exercise" a poor diet. Follow this guidance...EVERY MEAL, EVERY DAY!

- ➔ **Fruits and vegetables** are loaded with carbohydrates, natural antioxidants, vitamins, and minerals that enhance recovery and support your immune system.
- ➔ **Carbohydrates** are the primary fuel source for your muscles (especially after high-intensity activities) and the only fuel source for your brain (helps you focus). Whole-grain sources have more fiber and vitamins essential for energy metabolism. Sources: whole-grain breads, cereal and pastas, rice, oatmeal, legumes (beans), and fruit.