



# Health and Performance Nutrition Principles

Police work can be both a demanding and rewarding field of expertise. Taking care of your specific nutrition needs will increase your potential on your job and help you to maintain energy after your shift is over. The principles below are geared towards meeting your individual nutrition needs, improving sharp mental focus, supporting your energy levels and mood, and assisting with combating joint and muscle pain.

## 1 hydration

Choose water as your primary beverage. On average you'll need 64-100 oz of water per day. Increased activity, sweating and extreme temperatures may increase these needs. Dehydration significantly impairs performance and is one of the most common causes of headaches and fatigue. Proper hydration plays a critical role in mental performance, reflexes, and safety. Consume 16 oz of water prior to training and 4-6 oz of fluid every 15 minutes of exercise.

## 2 feed your brain

Studies suggest that many of the foods we eat have significant benefits for our mental health including reduced brain fog, heightened focus and energy, and decreased anxiety and depression. Include foods in your diet that boost your mental focus like wild caught salmon, chia seeds, spinach, berries, avocado, and dark chocolate.

## 3 know your oils

Choose healthy oils like olive oil, avocado oil, and coconut oil. Healthy fats in these oils support mental focus, increase vitamin absorption, and support appetite control. Avoid oils that increase inflammation like soybean oil, canola oil, and corn oil. Over time, inflammation can impair the mobility and joint movement vital in police work.

## 4 avoid added sugar

Added sugars contribute to many health issues like high blood sugar and high blood pressure. Additionally, excess sugar can decrease your immune system and increase your waist circumference. Artificial sweeteners like aspartame and sucralose can negatively impact your metabolism. Opt for natural sweeteners like stevia and monk fruit when needed.

## 5 get real

The more processed a food is, the more of a burden it is on your body to digest and absorb. Focus on eating minimally processed foods that are close to how they are found in nature. Think fruits and vegetables, nuts and seeds, meat and fish to name a few. Look for short simple ingredient lists when choosing a food in a package.

## 6 consume protein

After an intense physical shift, your body needs protein to stop muscle breakdown and promote muscle repair. If you don't plan to consume a protein rich meal within 1 hour following intense activity, you may want to consider supplementing a protein shake made with whey protein or collagen peptides.

## 7 prioritize vegetables

Did you know that vegetables provide your body with potent antioxidants, vitamins, minerals, and metabolism boosting properties? A healthy diet cannot exist without vegetables. Vegetables assist your body in detoxifying and nourish the cells in every system of your body. Make it a priority to get 3-5 servings of vegetables per day.

## 8 meal prep

Batch cook some meat and vegetables to have quick and easy lunch and dinner options throughout the week. Pack healthy snacks such as fruits and nuts to use for fuel during your shift and reduce impulse eating unhealthy convenience foods. Create a grocery list so you know exactly what you need to get through a week of healthy eating.

## 9 replenish

A high quality drink or drink mix that includes both carbohydrates and electrolytes is recommended after physical activity lasting longer than 60 minutes or exposure to extreme temperatures. Examples of electrolytes include calcium, chloride, magnesium, phosphate, potassium, and sodium. Electrolytes are needed to maintain an even balance for your body to function properly.

## 10 grains can inflame

Despite the popular thought that grains are healthy, grains can inflame the whole body and contain addictive characteristics that drive appetite. Processed grains generate a high insulin response and can contribute to obesity and other concerns. The gluten, lectin, and phytic acid found in grains have been shown to inflame the intestinal tract, cause an overgrowth of bad gut bacteria, and decrease nutrient absorption.

# Healthy Foods

Healthy eating means embracing foods like vegetables, fruits, proteins and healthy fats while cutting back on grains, starches, added sugars, and unhealthy oils. This process is about moving your body closer to your original “default” settings and reducing the cravings for unhealthy foods. Individuals learn to appreciate food and food quality and cut back on processed and refined foods. This is not intended to be another rigid, generic diet. Also, please note this list is not all inclusive.

## VEGETABLES

Acorn Squash  
Artichoke  
Arugula  
Asparagus  
Beets  
Bok Choy  
Broccoli  
Broccolini  
Broccoli Rabe  
Brussels Sprouts  
Butternut Squash  
Cassava  
Cauliflower  
Collard Greens  
Napa Cabbage  
Carrots  
Celery  
Cucumber  
Eggplant  
Green Beans  
Kale  
Kohlrabi  
Leeks  
Lettuce  
Mushrooms  
Okra  
Onions  
Parsnips  
Peppers  
Plantain  
Pumpkin  
Radish

Snap Peas  
Snow Peas  
Spaghetti Squash  
Spinach  
Sprouts  
Sweet Potato  
Swiss Chard  
Tomato  
Turnips  
Turnip Greens  
White Potato  
Yellow Squash  
Zucchini

## LEGUMES

*Note: 1/2 cup portions;soak beans for 24 hours prior to cooking*

## FRUIT

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Cherries  
Figs  
Grapefruit  
Grapes  
Kiwi  
Lemons/Limes  
Mangos  
Melon  
Oranges  
Nectarines  
Papaya  
Peaches  
Pears  
Pineapples  
Plums  
Raspberries  
Strawberries  
Tangerines  
Watermelon

## FLOURS

Almond  
Arrowroot  
Cassava  
Coconut  
Plantain  
Tapioca

## FAT SOURCES

Almonds/Almond Flour  
Avocado  
Avocado Oil  
Brazil Nuts  
Cashews  
Butter/Ghee  
Coconut Butter  
Coconut Flour  
Coconut Oil  
Egg Yolks  
Flax Seeds  
Hazelnuts  
Macadamia Nuts  
Macadamia Oil  
Natural Nut Butters  
Natural Seed Butters  
Olives  
Olive Oil  
Palm Oil  
Pecans  
Pine Nuts  
Pistachios  
Pumpkin Seeds  
Sesame Seeds  
Sesame Oil  
Sunflower Seeds  
Unsweetened Coconut Flakes

## PROTEIN

Beef/Bison, Buffalo  
Beef Protein Powder  
Collagen Peptides  
Eggs/Egg Whites  
Egg White Protein Powder  
Fish/Seafood, Shellfish  
Organ Meats  
Other Meats (*Wild Boar, Ostrich, Lamb,Elk, Venison, Goat, Moose*)  
Pork  
Poultry (*Chicken,Turkey, Duck, Quail, Pbeasant*)  
Bacon/Sausage/Jerky (*Preservative free*)

## BEVERAGES

Fruit Infused Water  
Coffee  
Unsweetened Almond Milk  
Unsweetened Coconut Milk  
Unsweetened Tea  
Water (*Plain & Sparkling*)

## HERBS & SPICES

*Note: All fresh herbs and spices are encouraged. Read the label on pre-mixed spices and seasonings*

# Optional Foods

These foods lie in a gray area. Individual goals and tolerances should be assessed before deciding whether to include these foods daily. This list is not all inclusive.

## DAIRY\*

Cottage Cheese  
Cream Cheese  
Heavy Whipping Cream  
Goat Cheese  
Greek Yogurt (*unflavored*)  
Kefir  
Natural Cheeses  
Sour Cream  
Whey  
Whole Milk

## GRAINS

Rice  
Steel Cut Oats  
Quinoa

## SWEETENERS

Coconut Sugar  
Erythritol  
Honey (*raw*)  
Maple Syrup  
Molasses  
Stevia (*Green Leaf or Extract*)  
Monk Fruit

*\*Whole fat dairy is preferred*

# Foods to Avoid

These foods are considered inflammatory and often are intolerable. Foods in this category are often highly processed and can lead to elevated blood sugar levels. Avoiding these foods has been proven beneficial and can aid in a reduction of inflammation in the body. Be sure to read food labels carefully to ensure your food doesn't contain the ingredients listed.

## SWEETENERS

Acesulfame K  
Agave Nectar  
Aspartame  
Barley Malt  
Beet Sugar  
Brown Rice Syrup  
Brown Sugar  
Cane Sugar  
Cane Juice Crystals  
Confectioner Sugar  
Caramel  
Corn Syrup/Solids  
Dextrose  
Fructose  
Fruit Juice Concentrate  
Glucose  
High Fructose Corn Syrup  
Invert Sugar  
Malt Syrup  
Maltitol  
Maltodextrin  
Maltose  
Mannitol  
Raw Sugar  
Rice Syrup  
Saccharin  
Sorbitol  
Sorghum Syrup  
Sucralose  
Sucrose  
Sugar

## GRAINS

Barley  
Corn (*Maize, Grits, Popcorn*)  
Instant Oats  
Rye  
Sorghum  
Wheat (*Bulgur, Cream of Wheat, Durum, Graham, Kamut*)

## LEGUMES

Baked Beans  
Boston Beans

## BEVERAGES

Juice (*with sweeteners*)  
Fruit Drinks  
Soft Drinks  
Diet Soft Drinks  
Alcohol

## OILS

Canola Oil  
Corn Oil  
Cottonseed Oil  
Grapeseed Oil  
Hydrogenated Oils  
Peanut Oil  
Safflower Oil  
Soybean Oil  
Sunflower Oil  
Vegetable Oil

## SOY & ITS ALTERNATIVES

Edamame  
Hydrolyzed Soy Protein  
Miso  
Shoyu Sauce  
Soy Lecithin  
Soy Milk  
Soy Protein Isolate  
Soy Sauce  
Soybeans  
Soybean Curd  
Soybean Granules  
Tamari  
Tempeh  
Textured Vegetable Protein  
Tofu

## ADDITIVES & PRESERVATIVES

Artificial Color/Flavor  
Benzoic Acid  
BHA/BHT  
Biphenyl  
Bulking Agents  
Emulsifier  
Hydrolyzed Plant Protein  
Mono- & Diglycerides  
MSG  
Shortening  
Sodium Benzoate  
Sodium Nitrate/Nitrite  
Stabilizer  
Thickener