



# 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		FRUIT	FAT SOURCES	PROTEIN
Acorn Squash		Apples	Almonds/Almond Flour	Beef/Bison, Buffalo
Artichoke		Snow Peas	Avocado	Beef Protein Powder
Arugula		Spaghetti Squash	Avocado Oil	Collagen Peptides
Asparagus		Spinach	Brazil Nuts	Eggs/Egg Whites
Beets		Sprouts	Cashews	Egg White Protein Powder
Bok Choy		Sweet Potato	Butter/Ghee	Fish/Seafood, Shellfish
Broccoli		Swiss Chard	Coconut Butter	Organ Meats
Broccolini		Tomato	Coconut Flour	Other Meats ( <i>Wild Boar, Ostrich, Lamb,Elk, Venison, Goat, Moose</i> )
Broccoli Rabe		Turnips	Coconut Oil	Pork
Brussels Sprouts		Turnip Greens	Egg Yolks	Poultry ( <i>Chicken,Turkey, Duck, Quail, Pbeasant</i> )
Butternut Squash		White Potato	Flax Seeds	Bacon/Sausage/Jerky ( <i>Preservative free</i> )
Cassava		Yellow Squash	Hazelnuts	
Cauliflower		Zucchini	High Quality Animal Fat	
Collard Greens			Macadamia Nuts	
Napa Cabbage			Macadamia Oil	
Carrots			Natural Nut Butters	
Celery			Natural Seed Butters	
Cucumber			Olives	
Eggplant			Olive Oil	
Green Beans			Palm Oil	
Kale			Pecans	
Kohlrabi			Pine Nuts	
Leeks			Pistachios	
Lettuce			Pumpkin Seeds	
Mushrooms			Sesame Seeds	
Okra			Sesame Oil	
Onions			Sunflower Seeds	
Parsnips			Unsweetened Coconut	
Peppers			Flakes	
Plantain				
Pumpkin				
Radish				

# 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 ( <i>unflavored</i> )
Kefir
Natural Cheeses
Sour Cream
Whey
Whole Milk

GRAINS
Rice
Steel Cut Oats
Quinoa

SWEETENERS
Coconut Sugar
Erythritol
Honey ( <i>raw</i> )
Maple Syrup
Molasses
Stevia ( <i>Green Leaf or Extract</i> )
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	GRAINS	SOY & ITS ALTERNATIVES
Acesulfame K	Barley	Edamame
Agave Nectar	Corn ( <i>Maize, Grits, Popcorn</i> )	Hydrolyzed Soy Protein
Aspartame	Instant Oats	Miso
Barley Malt	Rye	Shoyu Sauce
Beet Sugar	Sorghum	Soy Lecithin
Brown Rice Syrup	Wheat ( <i>Bulgur, Cream of Wheat, Durum, Graham, Kamut</i> )	Soy Milk
Brown Sugar		Soy Protein Isolate
Cane Sugar		Soy Sauce
Cane Juice Crystals		Soybeans
Confectioner Sugar		Soybean Curd
Caramel		Soybean Granules
Corn Syrup/Solids		Tamari
Dextrose		Tempeh
Fructose		Textured Vegetable Protein
Fruit Juice Concentrate		Tofu
Glucose		
High Fructose Corn Syrup		
Invert Sugar		
Malt Syrup		
Maltitol		
Maltodextrin		
Maltose		
Mannitol		
Raw Sugar		
Rice Syrup		
Saccharin		
Sorbitol		
Sorghum Syrup		
Sucralose		
Sucrose		
Sugar		

LEGUMES
Baked Beans
Boston Beans

BEVERAGES
Juice ( <i>with sweeteners</i> )
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

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