

## Nutrition for the Fire Fighter

- It is imperative that the fire fighter has an adequate nutritional intake to accommodate for the work tasks performed.
- It is also important that they remain hydrated throughout the day, whether they are performing work tasks or not.

## Carbohydrates for Energy

- Carbohydrate food sources will provide the fire fighter with adequate amounts of long lasting glycogen stores throughout any long duration (approx 90 min) working task. IE/ search & rescue, long duration structure fires, scrub & grass fires, gas suits.
- Carbohydrates when unused is stored as fat in the body.
- CHO should not be consumed after 4pm.
- Potatoes (with their jacket on), Lentils, Pasta (with low fat sauce), Rice, noodles (with low fat sauce), Pizza (thick crust with low fat toppings), Sports Power Bar, Breads and cereals, Fruit muffins, Crumpets, scones, muffins.

## Low G.I Foods

- The GI is a measure of carbohydrate quality.
- It is a comparison of carbohydrate based on their immediate effects on blood glucose levels.
- Carbohydrates that break down quickly are, *High GI foods*
- Carbohydrates that break down slowly, releasing glucose gradually in the bloodstream, are *Low GI foods*
- Mixed dried fruits and nuts, traditional dried fruit salad, pretzels and crackers, wholemeal spaghetti, vegemite spread, peas, any protein foods such as; beef, cheese, eggs, pork, lamb, shellfish, salami, veal, soy bread, fruity bix bars, low fat SKI yoghurt, apple juice.

## Electrolytes

### ■ SODIUM

Maintains water balance in the body, controls blood pressure, muscle conduction and the transmission of nerve impulses.

- Mixed Nuts, Cracker Mix, Pretzels, Potato chips, Dried meat, Vegemite spread, Chicken noodle soup, Mayonnaise, Jam, Cornflakes, Processed foods.

## **Electrolytes**

### ■ **POTASSIUM**

And Sodium work together in the body to regulate the balance between water and acidity in the blood.

Potassium is also important for nerve function and conduction, (especially the heart muscle)

- Mixed dried fruits, Pretzels, Potatoes with jackets on, Tuna , Chicken, noodle soup, Bread, Chives, Almonds, Apples and, apricots, Avocado, Artichokes, Bananas, Bacon, Dark chocolate

## **Electrolytes**

### ■ **CALCIUM**

Increases bone mineral density

Regulates the hormonal system

Regulates muscle contractility

- Milk and Milk Products, Broccoli, Bok Choy, Chinese cabbage, and spinach, Soy, Tofu, Sardines, Salmon, Almonds, Brazil Nuts, Sesame seed paste

## **Vitamin C & Beta-Carotene**

- To improve metabolic pathway and organ function by the intake of minerals and vitamins food sources.

- For the protection of tissue oxidative damage through the consumption of green, yellow leafy vegetables and orange fruits.

## **Protein**

- Protein rich foods is important for the growth of body cells.

- Vitamin C is also required for the absorption of protein in our body.

- Almonds, bacon, meats, lima beans, brazil nuts, butter fish, wholemeal bread, cheddar cheese, chickpeas, cod, gelatine, eggs, peanuts, shellfish, pumpkin seeds, rabbit, salmon.

## **Soluble Fibre**

- Helps keep the digestive system regular through foods such as, wholemeal breads, fruit mixes, apples with skin on.
- The consumption of *oats, rice and barley* helps lower blood cholesterol.
- Soluble fibre also helps control blood sugar levels, especially for people with diabetes.

## **Ration Pack Recommendations**

- Avoid drinks such as tea, coffee, soft drink or high glucose drinks.
- Ration Pack foods should be high in sodium, potassium, protein, carbohydrates, vitamin and minerals and calcium.
- The ration pack foods should be generally low GI sources.
- Carbohydrate and iron rich foods such as; tuna, sports bar, crackers and vegemite will reduce the effects of fatigue.
- The ration pack foods should be food sources appropriate for people suffering high blood cholesterol and diabetes.

## **Ration Pack Recommendations**

- Mixed Dried fruits and nuts
- Cracker mix
- Pretzels
- Vita Wheat Crackers
- Vegemite Spread
- Chicken noodle soup
- Tuna
- Peppermints
- Fruit Skittles
- M&M's
- Fruity Bix Bars
- Staminade Satchel.