

ARE YOU FUELED TO FIGHT?



		Engage at Will	Well Aimed Shots	Check Fire
		(Great Choices)	(Use Occasionally)	(Limit)
Dairy	*3 cups every day	Non Fat or 1% Milk,	2% Milk,	Whole Milk, Creamer, Whipped
Dany	, , ,	Fat Free or Low Fat Yogurt or Greek	Sherbet/ Frozen Yogurt, Low Fat Sour	Cream
		yogurt, Non Fat Sour Cream,	Cream, Low fat & Light Cheese, Buttermilk, Ice	Whole Milk Yogurt, Sour Cream &
		Cottage Cheese (non fat or 1%), Non	Milk	Cottage Cheese, Regular Cheese &
		fat Dry Milk		Ice Cream, Milkshake, Cheesecake
Meat/ Protein	*5 to 7 ounces every day	Egg Whites,	Whole Eggs,	Egg yolks,
Sources		Egg Beaters,	Fish: water- packed canned, salted or	Fish: Oil packed canned, Fried Fish
30 U. 303		Any Fresh Fish, Chicken or Turkey breast (without the	smoked, Shellfish	Processed Meats (sausage, bacon, hot dogs, some lunch meats) &
		skin)	Game Hen, Dark Poultry meat, Canned	Organ Meats
		Round cuts of beef, pork tenderloins,	Chicken, Turkey Franks	Fried & Fast Foods Meat, Canned
		Non fried tofu or other soy products.	Most Beef, Pork, Lamb, Veal (extra	Meats & Stews, Fatty Marbled Red Meat
			lean)	
Grains/Cereals	*At least 6 to 8 ounces a day.	Whole wheat pita, tortilla, or English muffins, whole grain cereal or pasta,	Breads or cereals with less than 3 grams of fiber per serving.	Most snack crackers, most granola, biscuits, bakery products such as
	AT LEAST ½ of the grain	Whole cornmeal, Bulgur. Look for	Refined grains and pastas such as corn	cake, pies, cookies, doughnuts,
	servings should be whole grains.	grains with 3 or more grams of dietary fiber per serving. Whole grain	tortillas, couscous, de-germed cornmeal, crackers, flour tortillas, white	Danishes. Prepackaged rice or pasta with sauces. Macaroni and
	grains.	pretzels.	flour, white rice, regular pasta, grits,	cheese. Sweetened cereal. French
	Example: 1 slice of bread, 1	Grain crackers, rice cakes, brown rice.	and noodles. Most pretzels. Pancakes,	Fries. Chips.
	cup of ready-to-eat cereal, or ½ cup of cooked rice,	Buckwheat, oatmeal, muesli, whole rye, wild rice, amaranth, millet,	bagels or muffins with less than 3 grams of fiber per serving. Baked chips.	Popcorn: regular microwave or
	cooked pasta, or cooked	quinoa, sorghum.	Popcorn: low fat and light	popcorn from the movies
	cereal can be considered as 1 ounce equivalent.	Popcorn: air popped, no butter.		
Fats & Oils	Use Sparingly	Spray Oils (ex Pam)	Imitation/ Reduced Fat Mayo Salad/	Regular Mayo, Tartar Sauce, Butter,
		Use other spices, seasonings	Vegetable Oil Margarine, Low fat &	Hard Margarine, Palm and Coconut
Dried Beans,	Dry beans and peas can be	Natural peanut butter, almond butter,	light salad dressing Regular peanut butter, low fat refried	Oil, Animal Shortening / Lard Refried beans, salted nuts, and
Peas, Nuts	counted either as	kidney beans, pinto beans, lima	beans, some varieties of garden burgers	some packaged trail mixes.
r cas, reacs	vegetables (dry beans and peas subgroup), or in the	beans, black beans, chick peas, split peas, black-eyed peas, and lentils	or veggie burgers. Texturized vegetable protein. Unsalted sunflower seeds,	
	meat, poultry, fish, dry	peas, black eyea peas, and lenens	almonds, walnuts, and hazelnuts	
	beans, eggs, and nuts		(filberts).	
Fruits and	(meat and beans) group. At least 2.5 cups of fruit	All fresh fruits and vegetables. Frozen	100% fruit and vegetable juices. Frozen	Canned fruit in light or heavy syrup.
Vegetables	and at least 4 cups of	vegetables.	juice bars. Salsa. No added salt canned	Regular canned vegetables.
Vegetables	vegetables a day		vegetables. Dried fruit. Unsweetened applesauce. Avocado, olives,	Sweetened applesauce. Frozen fruits with added sugar. Frozen
	Example: 1 cup of fruit or 1		sauerkraut	veggies with sauce or cheese.
	cup of 100% fruit juice			Coleslaw, potato salad, French fries, onion rings, hash browns, tater tots,
	counts as 1 cup. ½ cup of dried fruit can be			scalloped or Au Gratin Potatoes.
	considered as 1 cup.			Deep fried vegetables. Fruit
	Example: 1 cup of raw or			candies, fruit drinks that are not 100% fruit juice, sweetened dried
	cooked vegetables, or 1			fruits.
	cup of vegetable juice counts as 1 cup.			
Beverages	*Serving size depends on	Water, Non fat or 1% milk,	Sports Drinks, Diet Soda, 100% fruit and	Energy Drinks, Regular Soda, fruit
	individual needs	Unsweetened Tea and Coffee	vegetable juices, 2% milk	drinks, punch, lemonade, sweet tea,
Supplements	*Serving size depends on	If your doctor has determined the	Multivitamin products with seals from	whole milk, alcohol Energy Drinks. Any supplement
Jupplements	individual supplement	supplement is safe for you and	third-party verification programs (Ex.	that has limited research. Any
		prescribes a safe dose to follow.	USP, NSF, etc). Vitamins/minerals that do not exceed 100% of the daily value.	supplement that you have not cleared with a physician.
			Always ask a physician before taking a	Supplements may interact with
			vitamin/mineral. Small doses of	medications and may cause
			caffeine may increase athletic performance if approved by your	increased risk for dehydration.
			physician.	
			inutes of physical activity most days of the u	

^{*}Serving size is based on males and females aged 19 to 30 years old who engage in at least 30 minutes of physical activity most days of the week. Serving sizes vary depending on height/weight, age, gender, and level of physical activity.

Helpful websites: www.nal.usda.gov/fnic; www.nal.usuhs.mil/warfighterguide.html