



ARE YOU FUELED TO FIGHT?



		Engage at Will (Great Choices)	Well Aimed Shots (Use Occasionally)	Check Fire (Limit)
Dairy	*3 cups every day	Non Fat or 1% Milk, Fat Free or Low Fat Yogurt or Greek Yogurt, Non Fat Sour Cream, Cottage Cheese (Non Fat or 1%), Non Fat Dry Milk	2% Milk, Sherbet/Frozen Yogurt, Low Fat Sour Cream, Low Fat/Light Cheese, Buttermilk, Ice Milk	Whole Milk, Creamer, Whipped Cream, Whole Milk Yogurt, Sour Cream, Cottage Cheese, Regular Cheese, Ice Cream, Milkshake, Cheesecake
Meat/ Protein Sources	*5 to 7 ounces every day	Egg Whites and Egg Beaters Any Fresh Fish Chicken or Turkey breast (w/o skin) Round or loin cuts of Beef, Pork tenderloins Non Fried Tofu or other Soy products	Whole Eggs Fish: Water-packed, Canned, Salted or Smoked, Shellfish Game Hen, Dark Poultry meat, Canned Chicken, Turkey franks Most Beef, Pork, Lamb, Veal (lean)	Egg yolks Fish: Oil-packed, Canned, Fried Processed Meats (sausage, bacon, hot dogs, some lunch meats), Organ Meats Fried/Fast Food Meats, Canned Meats/Stews, Fatty Red Meat
Grains/Cereal	*At least 6 to 8 ounces a day. AT LEAST ½ of the grain servings should be whole grains. Example: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent.	Whole wheat Pita, Tortilla, or English muffins, Whole grain Cereal or Pasta, Whole cornmeal, Bulgur Look for grains with >3 grams fiber/serving (pretzels, crackers, rice cakes, brown/wild rice). Buckwheat, Oatmeal, Muesli, Whole rye, Amaranth, Millet, Quinoa Popcorn: Air popped (no added butter)	Breads, Pancakes, Muffins or Cereals with < 3 grams fiber/serving. Refined Grains and Pastas (corn tortillas, couscous, crackers, flour tortillas, white flour, white rice, regular pasta, and grits) Most pretzels and Baked chips Popcorn: Low Fat and Light	Most processed snacks (crackers, most granola, biscuits, bakery products - cakes, pies, cookies, doughnuts, Danishes) Prepackaged Rice or Pasta with sauces, Macaroni and cheese, Sweetened cereal, French Fries, Chips Popcorn: Regular, Microwave or Movie popcorn
Fats/Oils	Use Sparingly	Spray Oils (ex. Pam) Use no salt spices/seasonings	Salad/Vegetable Oil Margarine Low Fat/Light Salad Dressing and Mayo	Regular Mayo, Tartar Sauce, Butter, Hard Margarine, Palm and Coconut Oil, Animal Shortening/Lard
Dried Beans, Peas, Nuts	Dry beans and peas can be counted either as vegetables (dry beans and peas subgroup), or in the meat, poultry, fish, dry beans, eggs, and nuts (meat and beans) group.	Natural or Low Fat Nut Butters (almond, peanut, hazelnut) Beans (kidney, pinto, lima, black, navy) Chick peas, Split peas, Black-eyed peas, and Lentils	Regular Nut Butter Low Fat Refried Beans Some varieties of Garden/Veggie Burgers Unsalted Sunflower Seeds, Almonds, Walnuts, and Hazelnuts	High Fat Refried Beans Salted Nuts and some packaged Trail Mixes
Fruits and Vegetables	At least 2 ½ cups of fruit and at least 4 cups of vegetables a day. Example: 1 cup of fruit or 1 cup of 100% fruit juice counts as 1 cup. ½ cup of dried fruit counts as 1 cup. Example: 1 cup of raw or cooked vegetables or 1 cup of vegetable juice counts as 1 cup.	All fresh and frozen fruits without added sugar All fresh and frozen vegetables without added sauces or butter Cooking methods such as steamed, blanched, grilled, baked, roasted, and microwaved are recommended.	100% Fruit and Vegetable juices Frozen juice bars Dried fruit Unsweetened applesauce No added salt canned vegetables. Salsa, Avocado, Olives, Sauerkraut	Canned fruit in light or heavy syrup. Sweetened applesauce. Fruit (candies, sweetened, dried) Deep fried vegetables Regular canned vegetables. Frozen veggies with sauce or cheese. Coleslaw, Potato salad, French fries, Onion rings, Hash browns/Tater tots, Scalloped/Au Gratin Potatoes
Beverages	*Serving size depends on individual needs	Water, Non Fat or 1% Milk, Unsweetened Tea and Coffee	Sports Drinks, Diet Soda, 100% fruit and vegetable juices, 2% Milk	Energy Drinks, Regular Soda, Fruit drinks, Punch, Lemonade, Sweet Tea, Whole Milk, Alcohol
Supplements	*Serving size depends on individual supplement	If your doctor* has determined the supplement is safe for you and prescribes a safe dose to follow. *Always ask a physician before taking a vitamin/mineral.	Multivitamin products with seals from third-party verification programs (Ex. USP, NSF, etc). Vitamins/minerals that do not exceed 100% of the daily value. Small doses of caffeine may increase athletic performance if approved by your physician.	Energy Drinks. Any supplement that has limited research. Any supplement that you have not cleared with a physician. Supplements may interact with medications and may cause increased risk for dehydration.

*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: <http://hprc-online.org/>; http://hprc-online.org/nutrition/performance-nutrition/copy_of_warfighter-nutrition-guide; <http://hprc-online.org/comrad/>; <http://hprc-online.org/dietary-supplements>; <http://fnic.nal.usda.gov/>

For more information on nutrition or Marine Corps Fueled to Fight, contact HQMC Warfighter and Performance Dietitian or Semper Fit