



Nutritional Guidelines & Healthy Tips



PU LSE


FITNESS & TRAINING

*For more detailed nutrition information,
visit www.nutrition.gov and www.mayoclinic.org.*

First and foremost, pay attention to your body. It will tell you when you are hungry and thirsty.

A well-nourished body will help you perform both physically and mentally. This is particularly important in stressful times.



A glass pitcher filled with water and several slices of lemons. The pitcher is on a white surface. In the background, there are some green leafy herbs and a whole lemon. A white circular text overlay is centered over the pitcher.

*Drink plenty of water
throughout the day.*

*Water keeps joints lubricated,
helps regulate body tempera-
ture, flush out toxins, and
aids digestion.*

*Guidelines suggest 64oz - 150oz
per day. Caffeinated, sugary, &
sports drinks do not count
toward this amount.*

A vibrant salad in a black bowl, featuring green lettuce, shredded carrots, sliced red onions, blueberries, and walnuts. In the background, there is a glass of orange juice and several orange slices on a blue wooden surface.

Eat every 4-5 hours.

This means 3 meals (breakfast, lunch, and dinner, with small snacks in-between).

Eating frequently provides fuel in your tank to continue working, especially during stressful times.



Avoid Processed Food


*Unlike processed foods,
whole foods provide greater
levels of nutrients and
vitamins, and no additives.
The fewer the ingredients,
the better.*





Lean proteins at every meal.

Fresh or frozen lean, unprocessed meats, fish, shellfish, poultry, beef, low-fat dairy products, and eggs.


A top-down view of a large, light-colored ceramic bowl filled with a variety of fresh vegetables. The bowl is set on a dark, textured wooden surface. The vegetables include green leafy lettuce at the top, several bright red cherry tomatoes, slices of yellow bell peppers, and slices of pink radishes. In the center, there are chickpeas and cubed sweet potatoes, some of which are drizzled with a white dressing. A large portion of the bowl is filled with sliced avocado, showing its characteristic green flesh and dark skin. Small green microgreens are scattered throughout the bowl, particularly around the avocado and chickpeas. A white circular graphic is overlaid on the center of the bowl, containing text.

*Vegetables (preferably fresh
or frozen) - eat them all day,
and with every meal.*

*Breads, pasta, & rice
should be whole grain
whenever possible.*

*Carbs such as these are good
sources of energy. Other
healthy carbs include sweet
potatoes, quinoa, beans, lentils
and most fruits & vegetables.*





*Keep healthy snacks around
you at all times.*

*Some examples are almonds,
fresh fruit, low sugar protein
drinks and bars, and natural
peanut & other butters.*

A vibrant, healthy salad is presented on a white ceramic plate with a decorative floral border. The salad features fresh green spinach leaves, bright red pomegranate seeds, sliced avocado, and a portion of cooked salmon. The plate is set on a dark wooden surface. A white circular graphic is overlaid on the top half of the image, containing text about nutrition labels.

*Watch out for Sugars on
nutrition labels under Carbs.*

*Try to stay under 10-15g of
“Added Sugar” per serving.*