

Fuel Like A Hero!



Being a first responder isn't easy. Everything you eat matters.

Eating a nutritious and well-balanced diet can make a positive impact on your health and well-being and provide you the fuel you need to save lives. Here are a few tips to help you eat like the hero you are:

Focus on Whole Fruits

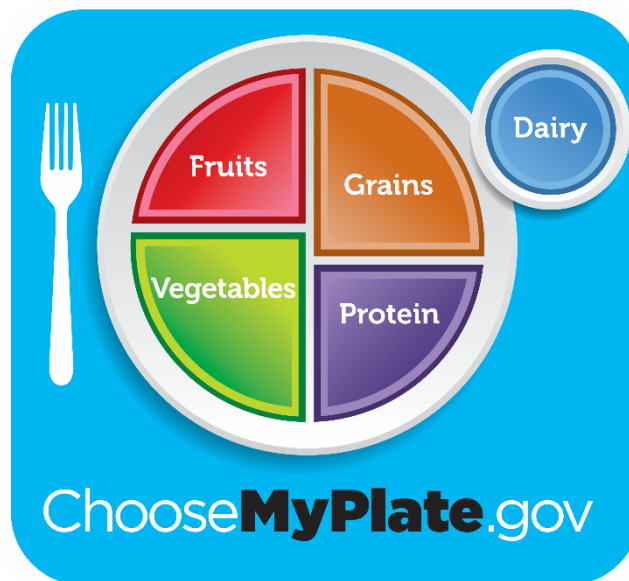
Eat fruit with every meal. Keep fruit in plain sight to encourage healthy snacking.

Make Half Your Grains Whole Grains

Whole grains provide more nutrients (like fiber) than refined grains.

Move to Low-Fat or Fat-Free Milk or Yogurt

Dairy provides you nutrients you need, including calcium, vitamin D, potassium, protein and more!



Vary Your Veggies

Enjoy veggies raw or cooked, fresh, frozen, canned or dried. Eat them whole, cut-up or mashed.

Drink & Eat Less Sodium, Saturated Fats & Added Sugars

Cut calories by drinking water or unsweetened beverages.

Vary Your Protein Routine

Eat different protein sources through the week. Meat, poultry, seafood, beans, eggs, soy, nut and seeds all count.