



# FIRE FIGHTER nutrition

Eat for Health.  
Eat for Life.  
Eat for Real.

## Quick Tips for Adding Healthy, Whole Foods

When making dietary changes, it should not feel restrictive, overwhelming or hard to live with. You are making long-term lifestyle changes, so you want to have a plan to make the habits stick around.

Transitioning to a healthier way of eating may seem daunting, so here are some tips to keep in mind:



**Eat vegetables at most meals.** Think salads, soups, side dishes or even adding veggies to your sandwich or wrap.

Fill the pantry with **healthy food choices** that are ready **to eat and go**. Snacks like nuts, seeds, Kind bars (with 5 grams of sugar or less) or fruit are good for “grab and go.”

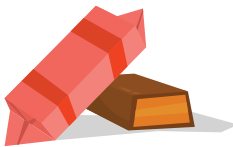


**Don't become number obsessed.** Use the general eyeballing guide to eat healthy without the added technical jargon and hours spent calculating calories.

**Learn to read labels** and don't eat too many foods that are ultra-processed or high in sugar or saturated fats. If you don't recognize most of the ingredients, it's usually a good idea to pass.



**Never leave the station (or house on days off) without food** if you'll be gone for more than two hours. You never know how long a call will be, so keeping some healthy snacks on the rig can help you avoid unhealthy choices. Make up some of our own trail mix (avoid ready-made trail mix as most of them have hydrogenated oils and other undesirable, processed ingredients) or bring a small cooler.



**Treat yourself in moderation.** Treats and “cheat meals” can help you maintain your sanity. Just don't forget the goals you've set. One way of thinking is the 80/20 rule (or 90/10 depending on your goals). In order to be healthy and balanced, you don't always have to make 100% healthy food choices. The remaining 20% can be less healthy food that you consider a treat.



**Learn to cook and prepare foods.** Invite everyone at the station to participate in the meal planning and prep to make it fun and inclusive.

**Most importantly, don't be too rigid**, and remember that making small changes over time will make a huge difference, and it makes the changes easier to stick to.

More resources on nutrition can be found at [www.iaff.org/nutrition](http://www.iaff.org/nutrition)

*Disclaimer: The information contained in this document is for general education purposes only and is not intended to treat, cure or prevent any disease or medical conditions. Check with your health practitioner before making diet and lifestyle changes.*