

APPENDIX K
OFFICE OF THE ATTORNEY GENERAL

Office of the Attorney General



Physical Fitness Policy



Office of the Attorney General of Guam

590 S. Marine Corps Dr., Ste. 901, Tamuning, Guam 96913



June 18, 2018

Police Chief Joseph I. Cruz
Chairman
Guam Peace Officer Standards & Training Commission
Guam Police Department
P.O. Box 23069 GMF, Barrigada, Guam 96921
1 Sesame Street, Mangilao, Guam

Subject: **Office of the Attorney General Physical Fitness Policy**
Re: **Proposed Physical Fitness Qualification Test**

Dear Chairman Cruz,

Attached is the Office of the Attorney General (OAG) of Guam's Physical Fitness Policy, Policy Number 2017-003. This policy was reviewed and approved by the Attorney General for compliance by all sworn Investigators with the OAG. It contains the three (3) components essential to meeting the spirit and intent of Public Law 34-49:

- (1) Physical Fitness Program
- (2) Health and Nutrition Program
- (3) Physical Fitness Qualification Test (PFQT)

The PFQT mirrors the PFQT outlined in PL34-49, better known as "PFQT Version 2.1". It was the OAG's testimony during the public hearing that this version of the PFQT was conducive in meeting the physical fitness requirements related to the duties of our Investigators. The Health and Nutrition Program provides guidance to employees seeking to improve their health and job performance through proper diet.

Please feel free to contact me, AG Investigators Bryan J. Cruz or Anthony V. Camacho if you require additional information regarding our policy.

ANTHONY W. BLAS
Chief Investigator

Attachment:
(1) OAG Physical Fitness Policy



Office of the Attorney General of Guam

590 S. Marine Corps Dr., Ste. 901, Tamuning, Guam 96913



November 9, 2017

Memorandum

To: All OAG Investigators

Anthony W. Blas, Chief Investigator
Felix T. Manglona, Investigator IV
Juan Salas, Investigator IV
Freneil C. Macalma, Investigator IV
Pauline R. Chaco, Investigator IV
Maria Apuron, Investigator III
Bryan Cruz, Investigator III
Anthony V. Camacho, Investigator III
William A.K. Salisbury, Investigator III
Joseph San Agustin, Investigator III
Jerome Lorenzo, Investigator II
Albert Manley, Investigator II
Danny J. Gonzales, Investigator II
Jason V. Lujan, Investigator II
Frank R. Santos, Investigator I
Erlinda N. Blas-Merfalen, Investigator I
Donald San Agustin, Investigator I
Rosita R. Quintanilla, Investigator I

From: Attorney General

Subject: Physical Fitness Policy No. 2017-003

Hafa adai. Attached is OAG's Physical Fitness Policy No. 2017-003 for compliance. All relevant employees must acknowledge receipt of this policy (see attached respective division listings) and return the receipt to Human Resources Section by Wednesday, November 15, 2017.


ELIZABETH BARRETT-ANDERSON

Attachment

Cc: Tony C. Aguon, Personnel Specialist IV, HR Section
All Deputies
Personnel Jackets of Relevant Employees

Physical Fitness
Policy 2017-003

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**OFFICE OF THE ATTORNEY GENERAL OF GUAM
PHYSICAL FITNESS POLICY**

Policy Number 2017-003

Issued November 9, 2017

I. Intent

The intent of this Physical Fitness Policy is to set forth standards for employees who hold a law enforcement (e.g., investigator) position and who are mandated by law to undergo Physical Fitness Qualification Testing (PFQT) by the Peace Officer Standards and Training (POST) Commission.

The POST Commission directs implementation of the PFQT in accordance with Public Law 34-49 enacted on October 13, 2017. The Fitness Assessment (FA) was adopted by the OAG to comply with the foregoing law. The FA also was adopted to provide the Attorney General with a tool to assist in the determination of overall fitness and performance of personnel.

It is the employee's responsibility to maintain these standards in furtherance of their employment to appropriately support the mission of the OAG. The goal of this Physical Fitness Policy is to encourage investigators to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, muscular fitness training, and healthy eating. An active lifestyle will optimize health, enhance productivity, curtail absenteeism, and increase capacity for readiness and performance.

II. Responsibilities

1. The OAG will execute and enforce the Physical Fitness Policy and ensure compliance with appropriate administrative action in cases of non-compliance. The OAG will provide an environment that supports and motivates a healthy lifestyle through optimal fitness and nutrition.
2. PFQT Fitness and Wellness Coordinator (Primary/Alternate) will administer the FA with assistance of support staff and properly document official PFQT scores to be submitted to the POST Commission. Copies internally will be provided to the Attorney General, Chief Deputy Attorney General, Chief of Staff and Human Resources Section.
3. The Attorney General will designate investigators who will be responsible to maintain the adopted physical fitness standards described herein.

III. Fitness Assessment

Overall fitness is directly related to health risks, including risk of disease and death; however, health and readiness increase with improved aerobic (*i.e.*, cardiovascular) fitness and muscular fitness. Fitness not only positively impacts physical wellness but also mental wellness. Fitness components comprise of two (2) categories:

- (1) **Aerobic component:** Consists of a 1-mile timed run.

Exception: Investigators not medically cleared to complete the 1-mile timed run, as determined by a licensed physician and by submitting a Medical Evaluation Physical Fitness Exemption Form, will be evaluated by the 1-mile walk.

- (2) **Muscular fitness component:** Consists of push-ups and sit-ups and must be completed within one (1) minute.

IV. Fitness Assessment Requirements

PFQT Fitness and Wellness Coordinators along with support staff will conduct and administer the FA for all designated investigators on an annual basis prior to December 31 of each year.

1. Prior to the FA, all investigators must first complete the Fitness Screening Questionnaire (FSQ) and provide it to their PFQT Fitness and Wellness Coordinators for review.
2. If any item on the FSQ indicates a condition which might limit performance of any component of the FA, the PFQT Fitness and Wellness Coordinator(s) will refer the investigator for medical evaluation with their respective health care provider. The investigator must carry the FSQ to their medical evaluation and have a licensed physician complete and sign the appropriate place on the FSQ. The investigator must then return the FSQ to the PFQT Fitness and Wellness Coordinators.
3. Appropriate athletic attire shall be worn to conduct the FA. Headphones or ear pieces along with any form of electronic music devices are not authorized during the FA for safety concerns.

V. Assessment Procedures

1. All components of the FA must be completed within a 2-hour window on the same day. Should extenuating circumstances prevent completion of the test (*e.g.*, severe weather conditions, emergencies, injury during FA, or travel time needed to complete other components at alternate location, etc.) then all components must be rescheduled and completed at the earliest opportunity, but not to exceed ten (10) working days.

2. Investigators only have one (1) opportunity to complete each of the components per the FA. If an investigator refuses to complete the FA, their incomplete FA will be officially recorded.
3. The muscular fitness components (e.g., push-ups and sit-ups) must be accomplished before the 1-mile run or 1-mile walk. A minimum of 3-minute rest periods shall occur between each of the following: the run, push-ups, and sit-ups.
4. If an investigator becomes injured or ill during the FA, he/she will have the option of being evaluated by their respective health care provider, whether they complete the FA or not. The investigator is responsible to ensure a licensed physician completes and signs the appropriate place on the FSQ and returns the FSQ to the PFQT Fitness and Wellness Coordinators for record purposes.
5. The muscular fitness is measured with a 1-minute timed push-up component and a 1-minute timed sit-up component. PFQT Fitness and Wellness Coordinators will read verbal instructions to those performing the muscular fitness components. Assessment procedures and techniques are outlined in Attachment 1.
6. Aerobic fitness is measured with a 1-mile run according to procedures outline in Attachment 1. PFQT Fitness and Wellness Coordinators will read verbal instructions to those performing the run. All investigators from ages eighteen (18) to forty-nine (49) will complete the 1-mile timed run unless medically exempted. **NOTE:** Investigators age fifty (50+) and above may opt to complete either the run or walk component without any medical authorization from a licensed physician.
7. Investigators medically exempted from the run, upon recommendation by a licensed physician, shall complete the 1-mile timed walk, according to procedures in Attachment 1. Those performing the 1-mile walk will not be allowed to run (i.e., at least one foot must be in contact with the ground at all times) or the assessment will be terminated. PFQT Fitness and Wellness Coordinators will read verbal instructions to those performing the walk.

VI. Exemptions

Exemptions are designed to categorize investigators as unable or unavailable to conduct the FA for a limited time period. Exemptions, for medical reasons, must be recorded on the Medical Evaluation Physical Fitness Exemption Form and signed by a licensed physician.

Investigators on a "permanent" medical profile, documented appropriately by a licensed physician on the Medical Evaluation Physical Fitness Exemption Form, will be tested annually. Example: Investigator is *permanently* exempted from the run, push-ups and sit-ups, but can test on the walk.

NOTE: *permanent* medical profiles shall be reviewed annually by the OAG Human Resources Section to determine if they are still valid or whether a Special Medical Evaluation (SME) is necessary, in accordance with the Government of Guam Personnel Rules and Regulations.

The expiration date on the Medical Evaluation Physical Fitness Exemption Form represents the date the investigator is medically cleared to resume physical activities previously restricted. To allow investigators time to recondition following a medical exemption, the investigator is eligible to complete the FA forty (40) work days after the expiration date of physical limitation.


Pregnancy - Investigator may be exempt from the FA during pregnancy upon requesting in writing to the Attorney General. Investigator will not participate in any further FA until medically cleared by a licensed physician.

Investigators with chronic medical issues preventing them from performing one or more components of the FA will be referred to the OAG Human Resources Section for evaluation as appropriate in accordance with the Government of Guam Personnel Rules and Regulations.

VII. Health and Nutrition Education

Health and nutrition go hand in hand with physical fitness along with a supportive environment essential to maintain health and fitness. Educational health and nutritional information will be made readily available to investigators so they may incorporate with their respective training program. Refer to Attachment 2: Health and Nutrition presentation.

This Physical Fitness Policy is issued for compliance.


ELIZABETH BARRETT-ANDERSON
Attorney General of Guam

ATTACHMENT 1

FITNESS ASSESSMENT VERBAL INSTRUCTIONS

Verbal OAG Fitness Assessment Instructions. Test Administrator will read/state: You are about to complete the OAG Fitness Assessment (FA). You are presumed fit to participate based on your completion of the Fitness Screening Questionnaire (FSQ). You may re-accomplish the FSQ if medical concerns have developed since completion, but must do so prior to beginning the FA. If you experience injury or illness during the FA, you will have the option of being evaluated at your respective healthcare facility. Each component requires minimum performance. If for any reason you do not meet the minimum requirements you are expected to complete the remaining components. Scores for all components are final.

Push-Up Verbal Instructions. The Test Administrator must read the following instructions to all FA participants and demonstrate the proper technique, or show an instructional video. If the instructional video is shown, instructions reading and demonstration is not required.

The push-up is one assessment of muscular fitness. Place your palms or fists on the floor, hands will be slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced or crossed. Your body should maintain a rigid head to heel form. This is the up/starting position.

Begin by lowering your body to the ground until your upper arms are at least parallel to the floor (elbows bent at 90 degrees) then return to the up position (arms fully extended but not locked). This is one repetition.

Your chest may touch, but not rest or bounce on the floor. If you do not come down parallel to the floor, the push-up will not count. Resting can only be done in the up position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the up/rest position, resting any other body part on the floor is not allowed. If resting occurs in the down position, the push-up portion of test will be terminated and your score will be based on the correct number of push-ups performed up to that point.

Your breathing should be as normal as possible. Make sure you do not hold your breath. You have one minute to perform as many correct push-ups as you are able. Your counter will count the correct number of push-ups aloud. Your counter will not count incorrect push-ups. Your counter will tell you what you are doing wrong and will repeat the last number of correct push-ups until you correct the error. The total number of correct push-ups in one minute is recorded as your score.

Sit-up Verbal Instructions. The Test Administrator must read the following instructions to all FA participants and demonstrate the proper technique, or show an instructional video. If the instructional video is shown, instructions reading and demonstration is not required.

Begin by laying face up on the floor or mat. Your feet may extend off the floor or mat, but your buttocks, shoulders, and head must not extend beyond the mat. Bend your knees at 90 degrees, with your feet or heels in contact with the floor at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or resting on your upper chest. This is the starting position. When conducting sit-ups, any part of the hands/fingers remain in contact with the shoulders or upper chest at all times.

You may request the assessor to hold your feet with his/her hands or by putting his/her knees on the feet. The assessor may not anchor you by holding behind the calves or by standing on the feet during the assessment as he/she could lose balance and step off. You may request a member of the same gender to hold the feet and that request must be granted. Let your monitor know if you need your feet held differently prior to beginning the assessment. (e.g., "You are holding my ankles/feet too tight or not enough.").

From the starting position, raise your upper torso until your elbows touch your knees or thighs. Then, lower your upper torso until your shoulder blades contact the floor. This is one repetition. Your elbows must touch your knees or thighs at the top of the sit-up, and your shoulder blades must contact the floor or mat at the bottom of the sit-up (keeping any part of your hands/fingers in contact with your shoulder/upper chest at all times).

The repetition will not count if your hands/fingers come completely away from the chest/shoulder or if your buttocks or heels leave the ground. Additionally, you may not grab onto your shirt as it makes it difficult to determine if you are maintaining proper contact. Any resting must be done in the up position. While resting you may not use knees or any object to support yourself. If there is any resting other than in the up position, the sit-up portion of the test is terminated and your score will be based on the correct number of sit-ups performed up to that point.

You have one minute to perform as many correct sit-ups as you are able. Your counter will count the correct number of sit-ups aloud. Your counter will not count incorrect sit-ups. Your counter will tell you what you are doing wrong and will repeat the last number of correct sit-ups until you correct the error. The total number of correct sit-ups in one minute is recorded as your score.

1-Mile timed Run Verbal Instructions: The Test Administrator must read the following instructions to all FA participants and demonstrate the proper technique, or show an instructional video. If the instructional video is shown, instructions reading and demonstration is not required.

This 1-mile timed run is used to measure cardio-respiratory fitness. Prior to beginning the 1 mile run, you may complete up to a 3-minute warm up. You will line up behind the starting line and will be instructed to begin running as I start the stopwatch. No physical assistance from anyone or anything is permitted. Pacing is permitted if there is no physical contact and is not a hindrance to other runners. You are required to stay on and complete the entire marked course. Leaving the course is disqualifying and terminates the test. Your completion time will be recorded when you cross the finish line and you are required to complete a cool down for approximately 5 minutes. If at any time you are feeling in poor health, you are to stop running immediately and you will be given assistance.

1-Mile Walk Verbal Instructions: The Test Administrator must read the following instructions to all FA participants and demonstrate the proper technique, or show an instructional video. If the instructional video is shown, instructions reading and demonstration is not required.

This test measures cardio-respiratory fitness. Prior to beginning the 1-mile walk, you may complete up to a 3-minute warm up. You will be directed to line up behind the starting line and instructed to begin walking as I start the stopwatch. You are to walk the 1-mile course as quickly as you can. You must not run, keeping at least one foot in contact with the ground at all times. No physical assistance from anyone or anything is permitted. Pacing is permitted if there is no physical contact and is not a hindrance to others. You are required to stay on and complete the entire marked course. Leaving the course is disqualifying and terminates the test. Your completion time will be recorded when you cross the finish line and you are required to complete a cool down for approximately 5 minutes. If at any time you are feeling in poor health, you are to stop immediately and you will be given assistance.

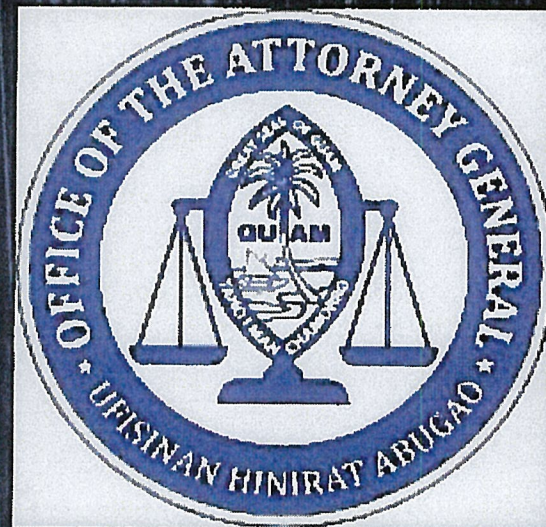
ATTACHMENT 2

Health and Nutrition Presentation

NUTRITION

Presented by:

Bryan J. Cruz

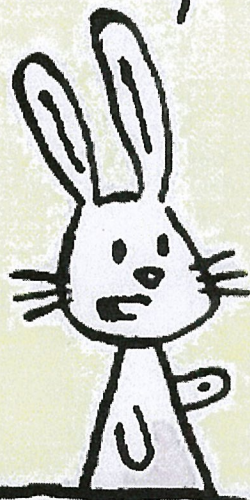


The 80/20 Rule:

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80 percent of the time and incorporate some of those foods that may not be the best, but are your favorites, 20 percent of the time!

DON'T FORGET,
YOU ARE WHAT
YOU EAT.

I NEED TO
EAT A
SKINNY
PERSON.



brine.

The Big 3: Carbohydrates, Proteins, & Fats

"Come Back to Earth"

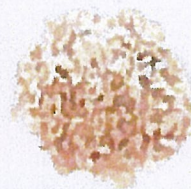
Carbohydrate = FUEL for the Brain and Muscles

- Main sources:
 - Breads
 - Cereals
 - Grains
 - Beans
 - Fruits
 - Vegetables
- What to look for in a grain: the least processed forms of grain you can find.
- Think **brown** and found close to the ground!
- The best choices will have more than 3 grams of fiber per serving.

The Top 5 Grains



Oatmeal



Brown Rice



High Fiber Cereal



Quinoa



100% Whole
Wheat Bread

"The Less Legs the Better"

Protein = Building Blocks For Our Bodies

- Builds muscle
- Maintains the immune system
- Main sources:
 - lean meats
 - eggs
 - low-fat dairy
 - beans/legumes
- Look for lean protein sources – less legs
- Include a lean protein source with every meal
- Needs increase with activity (about 30-40 grams of protein)

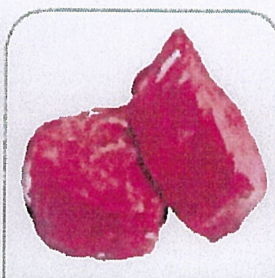
The Top 5 Proteins



Tuna/Fish



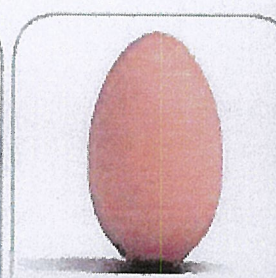
Chicken/Turkey Breast



Lean Red Meat



Low Fat Dairy



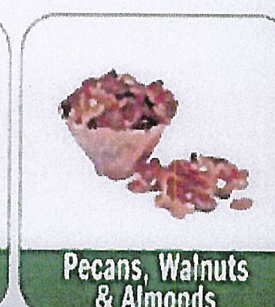
Eggs

"Eat Healthy the Fats"

Healthy Fats = Energy Density

- Provide energy
- Help regulate blood sugar
- Improve cholesterol
- Keep you feeling full
- Omega-3 fatty acids
 - improve cognition
 - decrease inflammation
 - enhance heart health
- Include fatty fish like salmon, trout and tuna, as well as flaxseed, walnuts and omega-3 fortified foods.
- One serving of healthy fat per meal (two total servings of fatty fish per week)

The Top 5 Fats



Eat the Rainbow

Fruits and Vegetables...

- ✓ are a great source of high-fiber carbohydrates.
- ✓ provide our body with a combination of vitamins that cannot be replicated in a supplement.
- ✓ Different colors serve different roles in the body.
- ✓ Aim for at least **three (3) colors at every meal.**
- ✓ Over the course of the day, strive to eat --
two (2) servings of fruit and
three (3) servings of vegetables.

Yellow Foods: Optimizes brain functions

Red Foods: Supports heart and circulatory

Green Foods: Rejuvenates musculature and bone

White Foods: Enhances immune system, lymph system, and cellular recovery

Orange Foods: Supports skin and mucosal tissues

Purple Foods: Promotes microcirculation



Yellow Foods:

- Star fruit
- Yellow fig
- Golden kiwi
- Yellow pear
- Yellow pepper
- Yellow tomato
- Squash
- Sweet corn

Green Foods:

- Green leafy veggies
- Avocado
- Broccoli
- Kiwi
- Green cabbage
- All green veggies

Orange Foods:

- Apricot
- Cantaloupe
- Nectarine
- Papaya
- Carrots

Red Foods:

- Cherries
- Cranberries
- Strawberry
- Beets
- Red onion
- Tomato/
tomato sauce

White Foods:

- Banana
- Garlic
- Ginger
- Gobo root
- Heart of palm
- Horseradish
- Jicama
- Mushrooms
- Onion

Purple Foods:

- Blackberry
- Blueberry
- Plums
- Cabbage
- Eggplant
- Grapes
- Olives



Fuel Up: "Three Every Three"

- Set the Tone! • "Break" - "The" - "Fast"

- Eat breakfast every day.

Breakfast:

- Increases metabolism
- Fuels the brain
- Increases energy levels

- Don't substitute coffee, soda and energy drinks for food or a lack of sleep.
- Skipping breakfast leads to eating more calories throughout the day and later at night.
- Don't play catch up!

Fuel Up: "Three Every Three"


Breakfast should include:

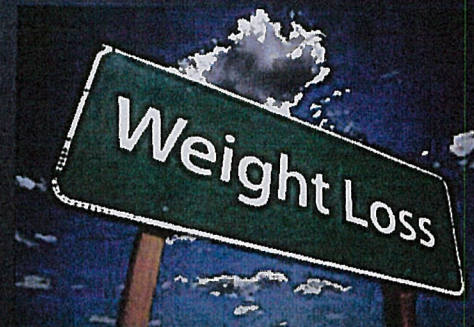
Protein: eggs, egg whites, ham, beans, yogurt or low-fat milk

High-fiber Carbohydrates: whole wheat bread, high-fiber cereal, oatmeal or beans

Color: Fruit in cereal, oatmeal or yogurt/veggies in eggs or omelets

Continue to give the body steady fuel:

- Smaller meals  stable energy throughout the day
- 3 macronutrients (carbs, protein and fat) every 3 hours.
- Skipping meals will not lead to



It will lead to lower energy and decreased physical and mental performance.

Recovery Nutrition
Recovery in 3s:
Pre-, During, and Post-workout

Pre-workout

- Don't go into your workout with an empty stomach.
- Top off your fuel tank with a small, balanced snack:
 - carbohydrates, fluids and a small amount of protein
 - 1 to 2 hours before your workout
- Going into a workout properly fueled will improve performance and jump-start recovery.
- **Great pre-workout snacks:**
 - 1 yogurt with 1/2 cup berries and 3/4 cup high-fiber cereal
 - Small bowl of cereal with a banana
 - 1/2 turkey sandwich and fruit
 - 1/2 peanut butter and jelly sandwich and fruit
 - Homemade trail mix: (1 cup high-fiber cereal, 2 tablespoons dried fruit, 2 tablespoons nuts)
- Make sure to hydrate with 16-20 ounces of water.

During Workout

- It is important to stay hydrated while exercising.

- **How much do you need to drink?**

Losing 2 percent or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness.

A good way to monitor how well you are hydrating is to weigh yourself before and after training.

- **Do you need a sports drink?**

No, if...

- Training for less than one hour
- Weight loss is the goal of the training session

Yes, if...

- Training for more than an hour
- Training in extreme environments
- Lean body mass gain is the goal
- You enter the workout without any fuel
- You have a short, but extremely intense, workout

Hydration Example: 150-pound Person

2 percent of their body weight is 3 pounds.

If this Person loses more than 3 pounds during their training, they are not hydrating effectively.

Post-workout

The sooner you get your post-workout nutrition, the quicker you recover.

Your recovery snack or meal, such as a granola bar with at least 5 grams of protein or a fruit smoothie, makes up one of your 5 to 6 meals per day.

The Open Window of Opportunity to Get Your Body the Nutrients It Needs for Recovery is Limited

Try to eat something within 10 minutes of training:

1. Refuel with carbohydrates

The more intense the training, the more carbohydrates you need.

2. Rebuild with protein

Protein needs post-workout are based on body weight.

3. Rehydrate with fluid

Drink 20-24 ounces of fluid for each pound lost during training.

Body Weight (Pounds)	Grams of Protein	Grams of carbohydrates
120-150	15-20	30-60
151-180	20-25	40-75
181-215	25-30	50-90
216-245	30-35	60-105

Examples:

- + 20 ounces of low-fat chocolate milk and a banana
- + Turkey and pasta salad
- + Tuna sandwich with baked chips
- + Meal replacement bar and 20 ounces of sports drink
- + Scrambled eggs or egg whites with whole wheat toast and 6 ounces of juice
- + Turkey sandwich and yogurt
- + Spaghetti and meatballs
- + Fruit smoothie blended with yogurt or whey protein

The 10 Nutrition Rules To Live By

Come Back to Earth:

Choose the least-processed forms of food, such as fruits, veggies, whole grains and high-fiber carbohydrates.

Eat a Rainbow Often

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

The Less Legs the Better:

Include a lean protein source with each meal.

Eat Healthy Fats

Include healthy fats in your diet, such as olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed and flaxseed oil.

Eat Breakfast Every Day

When you eat within 30 minutes of waking up, you jump-start your metabolism. This gives you more energy to get your day going.

6) Three for Three:

Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating four to six meals per day! Aim for all three macronutrients (carbs, protein and fat) every three hours for optimal fueling.

7) Stay Hydrated:

Dehydration = Decreased Performance. Drink at least three liters of non-caloric beverages (water/green tea) every day.

8) Don't Waste Your Workout:

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

9) Supplement Wisely:

Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check with your doctor or registered dietitian.

10) Sleep:

Aim for eight hours of sleep. If you can't get eight hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

Questions?



Office of the Attorney General of Guam

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Pauline I. Untalan

Administrator

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June 15, 2018

MEMORANDUM

To: Attorney General

Via: Chief of Staff

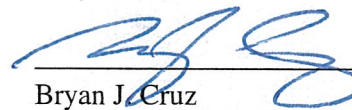
From: OAG Physical Fitness Coordinators

Subject: Request for Approval
Amendment to OAG Physical Fitness Policy 2017-003

We are respectfully requesting for your approval to amend portions of the Physical Fitness Policy Number 2017-003 implemented on November 09, 2017. Since the implementation of this policy, we conducted an annual Physical Fitness Qualification Test (PFQT) and attended several Peace Officer Standards and Training (POST) meetings. Through this, we identified the need to amend portions of the Policy that will allow us to run the program more effectively within the agency.

We have attached the proposed Amendment to the Policy and the revised Health and Nutrition Program Guidebook adopted by the POST Commission for your consideration and review. Please note that the Program Guidebook is regulated amongst all law enforcement agencies. If you have any questions, we are available to meet with you at any time.

Respectfully Submitted,



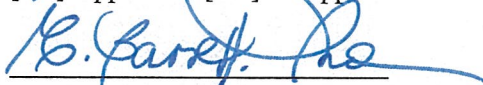
Bryan J. Cruz

OAG Fitness Coordinator


Anthony V. Camacho

OAG Alternate Fitness Coordinator

☒ Approved ☐ Disapproved



Hon. Elizabeth Barrett-Anderson
Attorney General

Attachments

**Amended
Policy 2017-003**



OFFICE OF THE ATTORNEY GENERAL OF GUAM
PHYSICAL FITNESS POLICY
Policy Number 2017-003

Issued November 09, 2017

AMENDMENTS TO POLICY NUMBER 2017-003

Section V. Assessment Procedures:

5. The muscular fitness is measured with a 1-minute timed push-up component and a 1-minute timed sit-up component. PQFT Fitness and Wellness Coordinators will read verbal instructions to those performing the muscular fitness components. Assessments procedures, techniques, and **PFQT scoring sheets** are outlined in Attachment 1.

6. Aerobic fitness is measured with a 1-mile run according to procedures outline in Attachment 1. PQFT Fitness and Wellness Coordinators will read verbal instruction to those performing the run. All investigators from ages eighteen (18) to forty-nine (49) will complete the 1-mile timed run unless medically exempted. NOTE: Investigators ages fifty (50+) and above may opt to complete either the run or walk component without any medical authorization from a licensed physician, **however must declare prior to being tested whether they will complete either the run or walk component.**

Section VI. Exemptions:

The expiration date on the Medical Evaluation Physical Fitness Exemption Form represents the date the investigator is medically cleared to resume physical activities previously restricted. To allow investigators time to recondition following a medical exemption, the investigator is eligible to complete the FA **forty-two (42)** work days after the expiration date of the physical limitation.

Section VII. Health and Nutrition Education:

Health and nutrition go hand in hand with physical fitness along with a supportive environment essential to maintain health and fitness. Educational health and nutritional information will be made readily available to investigators so that they may incorporate with their respective training program. Refer to **Attachment 2: Health and Nutrition Program Guidebook.**

ADD “PFQT SCORING SHEETS” TO ATTACHMENT 1



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Male - Age: 18 - 29



Name: _____

Title: _____

Age: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 12:10/ 15:27	Y / N
Push-Ups			≥ 33	Y / N
Sit-Ups			≥ 42	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Male - Age: 30 - 39



Name: _____

Title: _____

Age: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met
1-Mile Run / 1-Mile Walk			$\leq 12:40/ 15:29$ Y / N
Push-Ups			≥ 27 Y / N
Sit-Ups			≥ 39 Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Male - Age: 40 - 49



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 13:10/ 15:33	Y / N
Push-Ups			≥ 21	Y / N
Sit-Ups			≥ 34	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Male - Age: 50 - 59



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 13:40/ 15:50	Y / N
Push-Ups			≥ 15	Y / N
Sit-Ups			≥ 28	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Male - Age: 60+



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 14:10/ 16:07	Y / N
Push-Ups			≥ 14	Y / N
Sit-Ups			≥ 22	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Female - Age: 18 - 29



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met
1-Mile Run / 1-Mile Walk			$\leq 13:15/ 16:10$ Y / N
Push-Ups			≥ 18 Y / N
Sit-Ups			≥ 38 Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Female - Age: 30 - 39



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run/ 1-Mile Walk			≤ 13:45/ 16:25	Y / N
Push-Ups			≥ 14	Y / N
Sit-Ups			≥ 29	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Female - Age: 40 - 49



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 14:15/ 16:40	Y / N
Push-Ups			≥ 11	Y / N
Sit-Ups			≥ 24	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Female - Age: 50 - 59



Name: _____
Age: _____

Title: _____

Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 14:45/ 16:55	Y / N
Push-Ups			≥ 9	Y / N
Sit-Ups			≥ 20	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature



OFFICE OF THE ATTORNEY GENERAL

PFQT SCORING SHEET

Female - Age: 60+



Name: _____
Age: _____

Title: _____

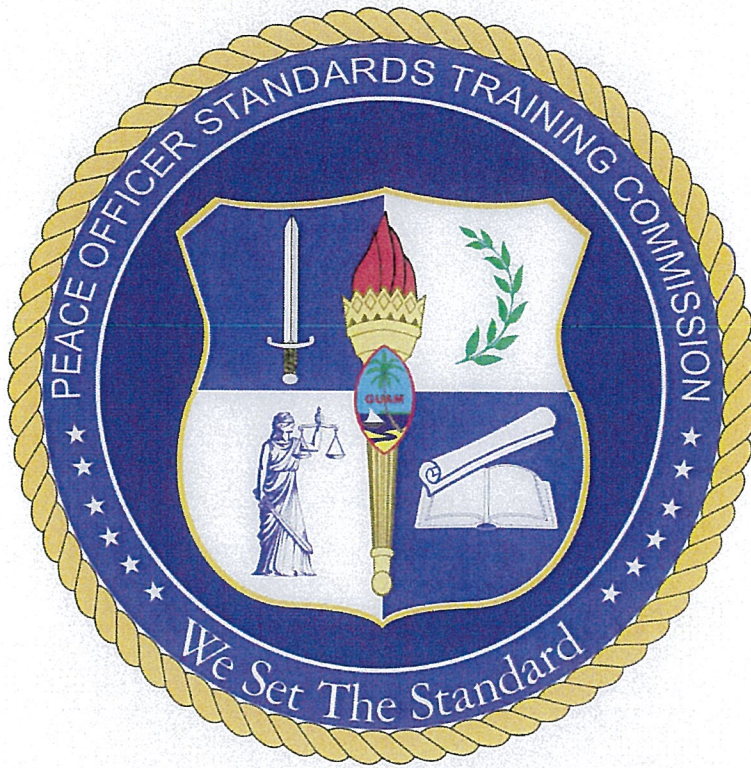
Component	Time / Reps	Pass / Fail	Minimum Value Met	
1-Mile Run / 1-Mile Walk			≤ 15:15/ 17:10	Y / N
Push-Ups			≥ 7	Y / N
Sit-Ups			≥ 11	Y / N

NOTE:

Passing Requirement- Investigator *must* meet minimum value in each of the three components, unless on a waiver.

Signature

**REPLACE “HEALTH & NUTRITION
PRESENTATION” WITH “HEALTH &
NUTRITION PROGRAM GUIDEBOOK”
ATTACHMENT 2**



GUAM PEACE OFFICER STANDARDS AND TRAINING COMMISSION

HEALTH AND NUTRITION PROGRAM GUIDEBOOK

Disclaimer

You should consult your physician or other health care professional before starting this or any other nutrition and diet program to determine if it is right for your needs. This guidebook offers health, fitness and nutritional information and is designed for educational purposes only. The information is not intended as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist.

There are many other health and nutrition programs available to the end user. Therefore, participation in this health and nutrition program is completely voluntary and the member is free to seek a program that they feel is right for them.

The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.



Table of Contents

1. Introduction: Understanding the Fueling Series
2. Performance Nutrition Fundamentals + Rules to Live By
3. The Big Three: Carbohydrate, Protein, Fat
4. Eat the Rainbow
5. Fuel Up "Three Every Three"
6. Hydrate
7. Recovery Nutrition: "Don't Waste Your Workout"
8. Meal Builder

Introduction

We need a new paradigm for the food we eat. We need to view food as nourishment to our body as opposed to solely calorie units. We need to consider what that food represents in terms of energy and nutrients. Just one food or one nutrient is not the answer to more energy, an optimal weight, better health, and improved performance. The key to success lies in the collection of our habits that fuel our bodies, activities, minds, performance, and most importantly our lives.

There are 5 areas of nutrition focus in the Fueling Series. You will find that the handout series and builder systems revolve around these 5 areas.

Eat Clean Eat Often Hydrate Recover Mindset

1. EAT CLEAN

Eating clean means trying to choose the least processed types of foods most of the time. Typically, the closer the food is to its original form (from the earth or the animal); the better it is for you.

Simply put: Try to eat foods in the most natural form possible.

Nutrient density plays a large role in the mentality of eating clean. Nutrient density is the relationship of the amount of nutrients that a food has to amount of calories. It is critical to try to choose nutrient dense foods as often as we can to ensure we get the nutrients we need. Focus on trying to choose the types of foods that have the highest amount of nutrients for the calories within the foods.

The 3 macronutrients:

Carbohydrate = Fuel

Protein = Build

Fat = Energy Density

2. EAT OFTEN

The key to energy and sustainability (beyond the types of foods you choose) is how often you eat. By eating mini-meals every 2-3 hours, your body is given a steady flow of fuel. The goal here is to maintain blood glucose (fuel) in an optimal range. This will help maintain focus and keep your metabolism roaring all day long. We find that those who eat more frequently have better energy and prevent becoming overly hungry, which can help us make better choices.

3. HYDRATE

It is vital to stay hydrated because the body is 60-65% water which performs numerous vital functions including:

- Providing life and shape to every cell
- Delivery of fuel to muscles
- Lubrication and cushioning of joints
- Aiding in muscle contraction & tone
- Aiding in metabolism and digestion
- Brain function
- Shock absorption for the spine and brain
- Regulating temperature

Consequently, dehydration causes these functions to suffer impairing your health, ability to recover from illness, and athletic performance. As little as a 2% decrease in weight, due to fluid loss, can impair both physical and mental performance.

SOURCE: WWW.NAVYFITNESS.ORG

4. RECOVER

Nutrition can help to speed the recovery process. After a workout your body has emptied its fuel stores and the muscle has been broken down. To gain the most out of your workout and perform at high levels, you need to repair the muscle and replace your fuel stores as quickly as possible.

Getting a combination of carbohydrates and proteins within 30 minutes of your training session will ensure that you are recovering as quickly and efficiently as possible, which will minimize the time needed between sessions and decrease the risk of injury.

Carbohydrate = Re-Fuel

Protein = Re-Build

5. MINDSET

The final piece of optimizing nutrition is focusing on mindset and behavior. All of the education in the world does not matter if it doesn't lead to behavior change. Providing simple lists of the "best" foods to choose, easy guides on portion size, and presenting material in a concise and action-based way will help to give you the tools to immediately start making changes.

As a society we have become enamored with diets. The word diet has many different definitions and is typically associated with managing the calories that you consume or eating in a prescribed or particular way. The word nutrition has a more positive connotation and is typically associated with nourishing the body. The goal of the Fueling Series is not to give out a diet plan. It is to help you focus on your habitual intake and the results of your nutrition habits.

The 80/20 rule promotes balance and the inclusion of all foods. We recommend that you try to consume foods you know will give you the nutrients and sustainable energy you need 80% of the time and then consume whatever it is you want the other 20% of the time. Everything can fit into your daily "diet," your habitual intake. Just keep yourself in check.

THE MEAL BUILDER SYSTEM

The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. There are meal builders in the handout series that will assign both males and females to their particular calorie zone. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve your goals.

PARTING THOUGHTS

How you eat and what you eat are essential to your daily performance. Having sustainable energy is a function of your commitment to making smart nutrition decisions and fueling your body optimally.

The content of this manual is designed to help Guam Peace Officers achieve their goals by giving them the tools needed to make the choices that will result in the energy they need to perform their duties on a daily basis.

Eat Clean. Eat Often. Hydrate. Recover. Mindset.



Master these 5 fundamentals and enjoy new found physical and mental performance through nutrition.

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

THE 10 NUTRITION RULES TO LIVE BY

1. COME BACK TO EARTH.

Choose the least processed forms of food such as; Fruits, veggies, whole grains, and high fiber carbohydrates.

2. EAT A RAINBOW OFTEN.

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

3. THE LESS LEGS THE BETTER.

Include a LEAN protein source with each meal.

4. EAT HEALTHY FATS.

Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.

5. EAT BREAKFAST EVERY DAY.

When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.

6. THREE FOR THREE.

Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

7. STAY HYDRATED.

Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water/green tea) every day.

8. DON'T WASTE YOUR WORKOUT.

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

9. SUPPLEMENT WISELY.

Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.

10. SLEEP.

Aim for 8 hours of sleep. If you can't get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

The 80/20 Rule.

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

SOURCE: WWW.NAVYFITNESS.ORG

FUELING SERIES

THE BIG THREE: CARBOHYDRATE, PROTEIN, FAT

Grains: "Come Back to Earth" • Carbohydrate = FUEL for the brain & muscles

- Main sources are: Breads, cereals, grains, beans, fruits, and vegetables.
- What to look for in a grain: The least processed forms of grain you can find.
- Think brown and found close to the ground!
- The best choices will have more than 3g of FIBER per serving.

The Top 5 Grains



Oatmeal



Brown Rice



High Fiber Cereal



Quinoa



100% Whole Wheat Bread



1 Serving Size
= Your Fist

Protein: "The Less Legs the Better" • Protein = Building blocks for our bodies

- Protein builds muscle and maintains the immune system.
- Main sources are: Lean Meats, Low Fat Dairy, Eggs, and Beans/Legumes.
- What to look for: Lean protein sources. Typically the less legs on the animal the protein came from, the better it is for you.
- Try to include a lean protein source with every meal.
- Protein needs increase with activity. Intake ranges from 0.5g (recreational exerciser) to 0.8g (building muscle mass) of protein per pound of body weight. You will never need more than 1g per pound for health or muscle mass gains. The palm of your hand equals about 30-40g of protein.

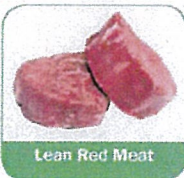
The Top 5 Proteins



Tuna/Fish



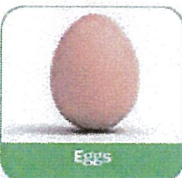
Chicken/Turkey Breast



Lean Red Meat



Low Fat Dairy



Eggs



1 Serving Size
= The Palm of Your Hand

Fats: "Eat Healthy Fat " • Healthy Fats = Energy Density

- Healthy Fats provide energy, help to regulate blood sugar, improve cholesterol, and keep you feeling full.
- Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They are considered essential because your body cannot make them, you must get them through food. Omega-3's are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.
- Try to get one serving of healthy fat per meal (2 total servings of fatty fish per week).

The Top 5 Fats



Nut Butter



Oils: Fish, Flax, Olive



Flax Seed Products



Avocado



Pecans, Walnuts & Almonds



1 Serving Size
= The Tip of Your Thumb

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

FUELING SERIES

CHOOSE YOUR FUEL

EAT CLEAN

CARBS (GRAINS)

HIGH OCTANE FUEL: 91

Beans (black, kidney, navy)
Chickpeas
Black eyed-peas
Brown rice
Corn
Green peas
High fiber crackers
Lentil, black bean and pea soup
Low-fat refried beans
Sweet potato/yam
Whole grain bread
Whole grain bagels
Whole grain cereal
Whole grain tortillas
Whole grain waffles

REGULAR OCTANE FUEL: 89

Baked beans
Baked chips
Boiled new potatoes
Cereal bars
Corn tortillas
Cornmeal/cornbread
Crackers
Cream of wheat
Flour tortillas
French bread
French toast
Hamburger/hot dog buns
Macaroni
Pancakes
Pasta
Pita bread
Pretzels
Ravioli
Rice cakes
Spaghetti
Waffles
White bread
White rice

LOW OCTANE FUEL: 87

Biscuits
Croissants
Doughnuts
Fettuccini alfredo
French fries
Hash browns
Mashed potatoes
Muffins
Pop tarts
Refried beans
Sugary cereals

PROTEIN

95% Ground beef or turkey
Beans & peas
Chicken, white meat/skinless
Deli meat (turkey, ham, beef)
Eggs (especially omega 3 eggs)
Egg whites
Lean beef steak
Lean ham steak
Lean jerky
Low-fat cottage cheese
Yogurt
Milk: Non-fat and 1%
Nut butters: Almond/peanut
Non-fried fish
Tofu
Trimmed pork chops
Tuna (in-water)
Turkey, white meat/skinless

85% Ground beef/turkey
Chicken, dark/skinless
Milk: 2% and low-fat flavored
Turkey, skinless/dark
Turkey bacon
Turkey sausage

75% Ground beef/turkey
Bacon
Beef or pork ribs
Bratwurst
Chicken, with skin
Fried chicken
Fried fish/seafood
Frozen pizza
Ham on bone
Regular cottage cheese low-fat
Whole milk/chocolate milk

FAT

Avocado
Flax seed and flax oil
Natural almond butter
Natural peanut butter
Olive oil
Canola oil
Peanuts
Pumpkin seeds
Raw almonds
Raw cashews
Raw pecans
Raw pistachios
Raw walnuts
Sunflower seeds

Butter (in small amounts)
Dry roasted nuts/seeds
Reduced fat mayonnaise
Reduced fat salad dressing
Reduced fat sour cream
Reduced fat cheese
Regular peanut butter

Fried foods
Honey roasted nuts/seeds
Margarine
Mayonnaise
Ranch & other salad dressing
Regular cheese
Sour cream
Coconut oil

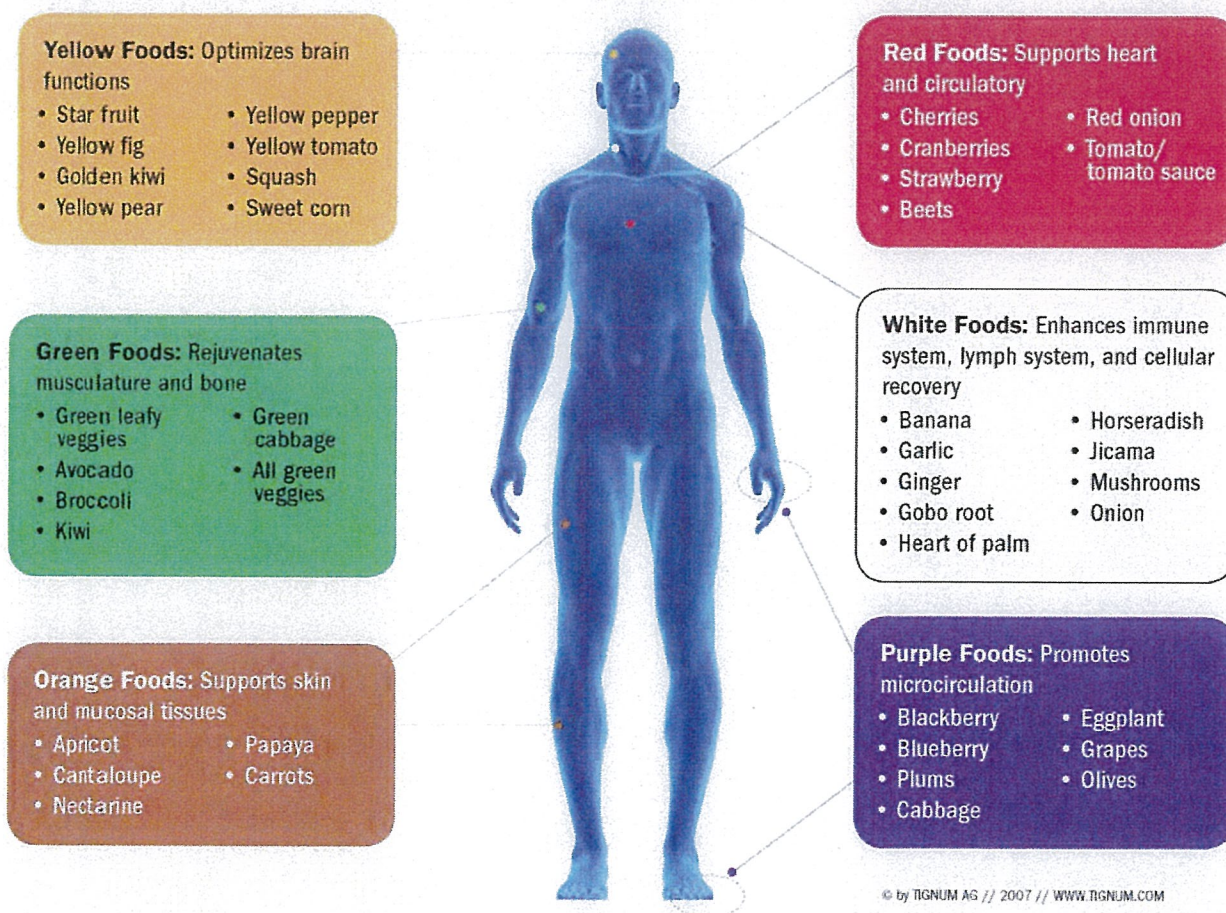
SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

Fruits and Vegetables

- Fruits and vegetables are a great source of high fiber carbohydrates.
- Fruits and vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement.
- Different colors serve different roles in the body.
- Aim for at least 3 colors at every meal.
- Over the course of the day strive to eat 2 servings of fruit and 3 servings of vegetables.
- Whole fruits and vegetables are best.
- Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost. When choosing canned fruits make sure to choose them in their own juice or water.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz.

COLOR CODE OF RESTORATIVE NUTRITION



Set the Tone! • "Break" – the – "Fast"

Eat breakfast every day:

- Breakfast: Increases Metabolism
Fuels the Brain
Increases Energy Levels
- Don't substitute coffee, soda and energy drinks for food or lack of sleep.
- Skipping breakfast leads to eating more calories through the day and later at night. Don't play catch up!

Breakfast should include:

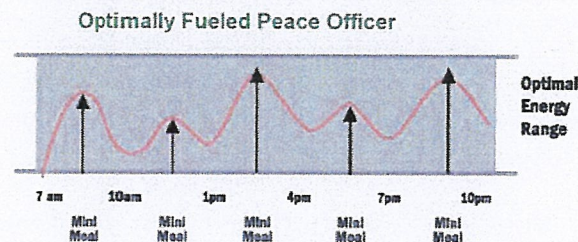
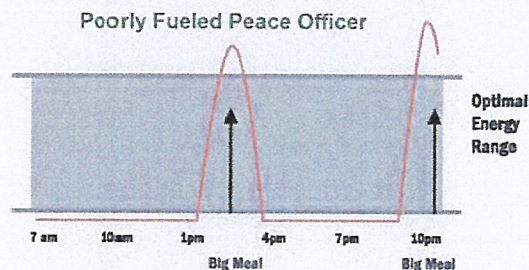
Protein: Eggs, egg whites, ham, beans, yogurt, or low-fat milk

High Fiber Carbohydrate: Whole wheat bread, high fiber cereal, oatmeal, or beans

Color: Fruit in cereal, oatmeal, or yogurt / Veggies in eggs or omelets

Continue to give the body steady fuel:

Eating smaller meals, more often will help to provide stable energy throughout the day. Fuel up with the 3 macronutrients (carbs, protein, fat) every 3 hours. Skipping meals will not lead to weight loss. It will lead to lower energy and decreased physical and mental performance.

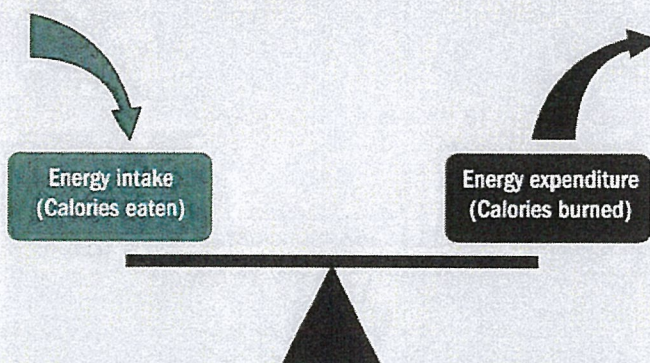


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Energy Balance:

Both the quality and the quantity of the food you consume is important to consider in order to maximize your performance and achieve your body composition goals. Energy is another word for calories and your energy balance is represented by your energy in (what you eat and drink) and energy out (what you burn through daily living and physical activity). Daily balance is important, but you should not scrutinize your daily intake. Changes in body composition will be a result of your consistent changes over time; therefore, aim for balance over the course of each week.

This guide provides the information you need to maximize your nutrient QUALITY and energy QUANTITY. Check out the Meal Builder to get an estimate of how many calories you should consume and how to build a day of meals that will provide you with the correct blend of nutrients to help you reach your goals. Keep in mind that the meal builder recommendations are designed for use with workouts or exercises of similar intensity and duration.



THE SAME AMOUNT OF QUALITY ENERGY IN & ENERGY OUT OVER TIME = WEIGHT STAYS THE SAME

More IN than OUT over time = WEIGHT GAIN

More OUT than IN over time = WEIGHT LOSS

LIFESTYLE ACTIVITY + STRUCTURED WORKOUTS + QUALITY FUELING = SUCCESS

Portion Control: What is a serving size?

Choosing great foods is only half the battle to optimizing nutrition. Make sure to choose portion sizes that fit your needs.

BREADS:

- 1 Slice 100% whole wheat, rye, white, pumpernickel bread
- 2 Slices reduced calorie bread
- 1 Hot dog bun
- 1/2 English muffin
- 1/2 Bagel (3 inches)
- 1 Roll (small)
- 6" diameter pita bread
- 6" diameter corn or flour tortilla

VEGETABLES:

- 1c Raw vegetables
- 1c Cooked vegetable (e.g. see above for raw)
- 6oz Most vegetable juices

FRUITS:

- 1 Medium whole fruit (apple, orange, banana, etc)
- 1/2c Applesauce, unsweetened
- 3/4c Blueberries
- 1-1/4c Whole strawberries
- 1c Raspberries or boysenberries
- 1c Cubed cantaloupe or honeydew
- 1/4c Cubed watermelon
- 1/2c Canned fruit (canned in water or juice)
- 12-15 Grapes
- 12 Cherries
- 2 Small plums
- 3 Dried prunes (also called "dried plums")
- 2Tbsp Raisins or other dried fruit
- 4-6oz. 100% fruit juice

CEREALS AND GRAINS:

- 1oz Most cold cereals (1/4 - 1c)
- 1-1/2c Puffed cereals (e.g. puffed rice)
- 1/2c Cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
- 1/2c Cooked brown or white rice
- 1/2c Cooked enriched or whole-wheat pasta

MILK AND DAIRY

- 8oz (1c.) Nonfat or 1% milk, low fat or 1% fat chocolate milk
- 8oz (1c.) Calcium-fortified light or reduced fat soy milk
- 8oz (1c.) Nonfat or 1% plain or fruited yogurt
- 1/2c Nonfat frozen yogurt

MEAT AND PROTEIN

- 8oz (1c.) Nonfat or 1% milk, low fat or 1% fat 3 - 4oz meat
- 1/2c Beans
- 2Tbsp Peanut butter
- 2 Eggs
- 1/2c Cottage cheese

1tsp = 1 Teaspoon
1Tbsp = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

QUICK TIPS:

- 3-4oz. of meat is about the size and thickness of a deck of playing cards.
- A medium sized piece of fruit is the size of a tennis ball.
- 1oz of cheese is about the size of four stacked dice.
- 1/2c of ice cream is the size of a tennis ball.
- 1c of mashed potatoes is the size of your fist (depending on your size; commonly the size of a female fist).
- 1oz of nuts should fit into the small of your hand.
- 1tsp of margarine or butter is about the size of the tip of your thumb.



FUELING SERIES

HYDRATION NEEDS

HYDRATE

DAILY HYDRATION NEEDS

- Water should be your main source of hydration.
- Avoid drinking soda, energy drinks, and fruit drinks. These beverages provide a lot of calories with very little nutritional value.
- Limit sweetened teas and coffee drinks with added sugar and cream.
- Only choose sports drinks before, during, and after intense exercise.

Are you hydrated?

- If you are thirsty, it is too late.
- Evaluate your urine. It should be light in color and resemble pale lemonade.

To maintain hydration drink water:

- 0.5 - 1oz fluid per pound per day [There are about 33oz in a liter (L)].

BODY WEIGHT	OUNCES OF FLUID PER DAY	LITERS NEEDED PER DAY
120 pounds	60 – 120 oz	2 – 4 liters/day
150 pounds	75 – 150 oz	2.5 – 5 liters/day
175 pounds	90 – 175 oz	3 – 6 liters/day
200 pounds	100 – 200 oz	3.5 – 7 liters/day
225 pounds	115 – 225 oz	4 – 8 liters/day
250 pounds	125 – 200 oz	4.5 – 9 liters/day

HYDRATION CONSIDERATIONS IN EXTREME ENVIRONMENTS

In extreme environments it is even more important to be aware of your fluid intake, fluid loss and electrolyte needs.

Key Nutrition Tips for Extreme Environments:

- Do not skip meals.
- Take time to drink.
- Maximize taste/palatability (temperature, sweetness) of your beverage. If it tastes great, you are more likely to drink it.
- Minimize body water losses.
- Consider engineered food products when cramping risks are high, if you are a salty sweater, or if you are sweating more than usual. Choose sports drinks with at least 110mg sodium and 30mg potassium per 8oz/250ml. These are ideal for replacing electrolytes lost in sweat.
- If you are an excessively salty sweater (salty skin), then 200mg sodium per 8oz or added electrolytes should be considered. (Nuun Tablets, Gator-Lytes, etc...)
- Include whole foods in your meals that are higher in sodium. Good options are V8 Juice, pickles, pretzels, adding a little extra salt to your meals.

ENVIRONMENT	CONSIDERATION	HYDRATION RECOMMENDATIONS
Dry Extreme Heat	The extreme dry heat greatly increase the risk for dehydration and heat injury.	Suggested Fluid Intake: 5-12 Liters/day Tips: Sweating rates can be reduced by working at night. During daylight hours, sweating rates can be reduced by covering the skin with light, vapor-permeable clothing. If and when possible, drink COLD water and sports drink.
Hot and Humid	Relative humidity can increase water requirements independent of temperature. The humidity makes the evaporation of sweat off the skin difficult, which decreases the body's ability to cool itself. This increases the risk for dehydration and heat exhaustion. Excessive sweating can also cause a large loss of electrolytes, specifically sodium and potassium.	Suggested Fluid Intake: Up to 2x needs of Extreme Dry Heat Tips: If and when possible drink COLD water and sports drink.
Altitude	Altitude puts us at greater risk of dehydration. More fluid is lost through our urine and breathing. Layers of clothes may cause us to sweat more with little evaporation. The elevation also causes us to not feel as thirsty.	Suggested Fluid Intake: 4-6 Liters/day Tips: Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently.
Altitude and Cold	The addition of cold to altitude can cause greater risk for dehydration because of the sweat losses that occur in insulated clothing, low rates of fluid ingestion, and concern of having to remove clothing to urinate.	Suggested Fluid Intake: 5.5-7.5 Liters/day Tips: Make sure to consider the ventilation for your clothing to allow for sweating to dissipate heat. Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently. If and when possible consume hot fluids, tea, chicken/vegetable broth.

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

Check the color of your urine
as a good indicator of your
hydration status.

Hydrated

Dehydrated

**Extremely
Dehydrated**
(consult a doctor)

SOURCE: WWW.NAVYFITNESS.ORG

Recovery in 3's: Pre, During, and Post-Workout

Pre Workout

Don't go into your workout on an empty stomach.

Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein approximately; 1 – 2 hours before your workout.

Going into a workout properly fueled will improve performance and jump start recovery.

Great pre-workout snacks include:

- 1 Yogurt with $\frac{1}{2}$ cup berries and $\frac{1}{4}$ cup high fiber cereal
- Small bowl of cereal with a banana
- $\frac{1}{2}$ turkey sandwich and fruit
- $\frac{1}{2}$ peanut butter & jelly sandwich and fruit
- Homemade trail mix: (1c high fiber cereal, 2 Tablespoons dried fruit, 2 Tablespoons nuts)

Make sure to hydrate with 16-20 oz of water too.

During Workout

It is important to stay hydrated during exercise.

How much do you need to drink?

- Losing 2% or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness.
- A good way to monitor how well you are hydrating is to weigh yourself before and after training.

Do you need a sports drink?

NO, if...

- Training for less than 1 hour
- Weight loss is the goal of the training session

YES, if...

- Training for over an hour
- Training in extreme environments
- Lean body mass gain is the goal
- You enter the workout without any fuel
- You have a short but extremely intense workout

GENERAL HYDRATION GUIDELINES DURING WORKOUTS:

Maintain Hydration

- Keep weight loss to less than 2% during the workout.
- Take 4-6 gulps of fluid about every 15 minutes.
- Pay extra attention to your hydration when you are sweating more than usual or in an extreme environment.

Maintain Fuel and Electrolytes

- When you need something more than water, choose a sports drink with at least 110mg of sodium per 8 ounces to help prevent cramping and maintain electrolytes.
- When your exercise level warrants the consumption of a sports drink, 20-32oz an hour is all you will need to keep you fueled. Balance the rest of your hydration needs with water.

Hydration Example: 150 pound Peace Officer

- 2% of their body weight is 3 pounds.
- If this Officer loses more than 3 pounds during their training, they are not hydrating effectively.

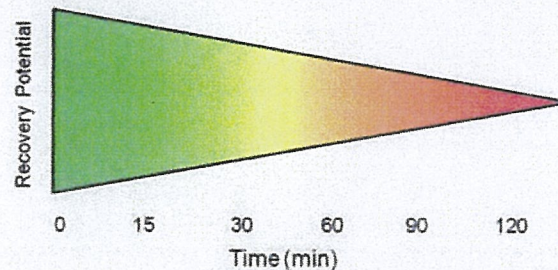
SOURCE: WWW.NAVYFITNESS.ORG

Recovery in 3's: Pre, During, and Post-Workout

Post Workout

- The sooner you get your post workout nutrition, the quicker you recover.
- Your recovery snack or meal – such as a granola bar with at least 5g of protein or a fruit smoothie – makes up one of your 5 - 6 meals per day.

THE OPEN WINDOW OF OPPORTUNITY TO GET YOUR BODY THE NUTRIENTS IT NEEDS FOR RECOVERY.



• Re-Fuel

• Re-Build

• Re-Hydrate

Within 10 minutes of training:

1. Refuel with carbohydrate

The more intense the training, the more carbohydrate you need.

2. Rebuild with protein

Protein needs post workout are based on body weight.

3. Rehydrate with fluid

Drink 20-24oz of fluid for each pound lost during training.

What do you need to recover?

BODY WEIGHT (POUNDS)	GRAMS OF PROTEIN	GRAMS OF CARBOHYDRATE
120 - 150	15 - 20	30 - 60
150 - 180	20 - 25	40 - 75
181 - 215	25 - 30	50 - 90
215 - 245	30 - 35	60 - 105

Examples:

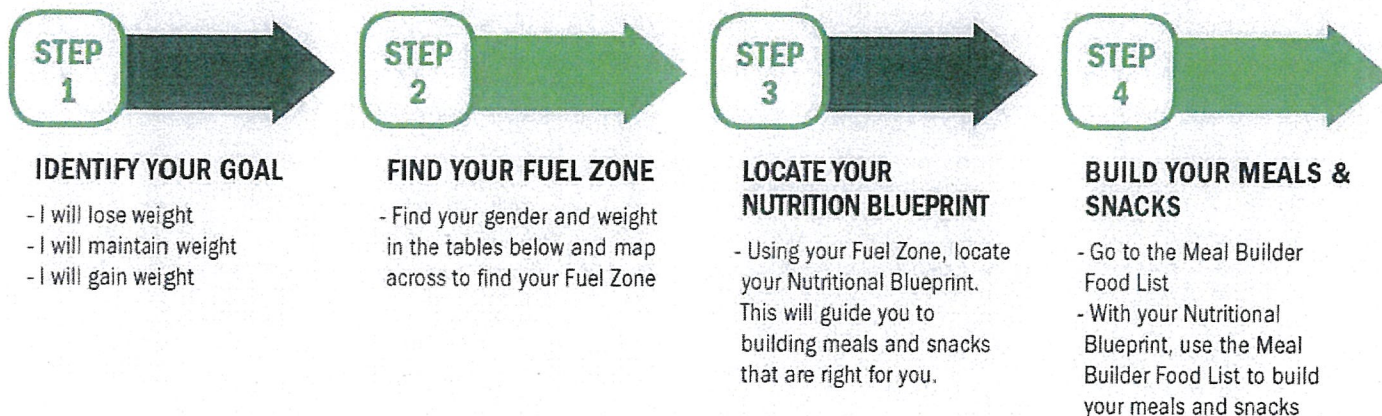
- 20oz low-fat chocolate milk + banana
- Turkey and pasta salad
- Tuna sandwich w/baked chips
- Meal replacement bar + 20oz sports drink
- Scrambled eggs or egg whites with whole wheat toast and 6oz juice
- Turkey sandwich + yogurt
- Spaghetti and meatballs
- Fruit smoothie blended with yogurt or whey protein

FUELING SERIES

STRENGTH SERIES | ENDURANCE SERIES | SANDBAG TRAINING SERIES

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

BUILD YOUR MEAL IN 4 SIMPLE STEPS



SET YOUR GOAL, FIND YOUR FUEL ZONE

I WILL FUEL TO...

STEP 1	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT	
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE
FEMALE	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800
	235 - 260	2400 - 2600				
MALE	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
	140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
	155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
	175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
	190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
	210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
	230 - 250	3000 - 3200	235 - 255	3800 - 4000		
	250 - 265	3200 - 3400	255 - 275	4000 - 4200		
	265 - 285	3400 - 3600				
	285 - 305	3600 - 3800				

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

STEP 3

Locate Your Nutrition Blueprint - Strength, Endurance, Sandbag Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or "fueling times". The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175 - 200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+2 fruit		1+ fruit

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

COACH TIP:

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

STEP 4

Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

Size Up Your Servings

The number to the left of each food item equals one serving (eg, 1 slice of whole wheat bread = 1 grain serving).

Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg, 2 slices of whole wheat toast) or mix and match (eg, 1 slice of whole wheat toast and 3/4c Multi grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

GRAINS/STARCHES:

Pasta/Rice

- 1/2c Brown Rice (cooked)
- 1/2c Whole Wheat Cous Cous (cooked)
- 1/2c Whole Wheat Pasta (cooked)
- 1/2c Risotto, Quinoa (cooked)

Breads/Tortillas/Rolls

- 1 slice Bread (100% Whole Wheat)
- 1/2 Pita Bread (6" diameter each)
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 Whole Wheat Hamburger/Hot dog Bun
- 1/2 Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1 sm. Whole Wheat Roll (1oz each)

Cold Cereals

- 1/2c All Bran Cereal
- 1/2c Cheerios Cereal
- 1/2c Cheerios MultiGrain Cereal
- 1/2c Cracklin Oat Bran Cereal
- 1/2c Frosted Mini Wheats Cereal
- 1/2c Grape Nuts Cereal
- 1/2c Kashi Go Lean Cereal
- 1/2c Kashi Go Lean Crunch Cereal
- 1/2c Kashi Go Lean Honey
- 1/2c Almond Flax
- 1/2c Muesli Cereal
- 1/2c Raisin Bran Cereal
- 1/2c Smart Start Cereal
- 1/2c Special K Cereal
- 1/2c Whole Wheat Total Cereal

Hot Cereals

- 1/2c Cream of Wheat (cooked)
- 1 Instant Grits
- 1/2 Packet Kashi Instant Oatmeal
- 1/2 Packet Quaker Instant Oatmeal
- 1/2c Slow Cooked Oatmeal

Veggies, Beans, Potatoes

- 1/2c Soy Beans (cooked)
- 1/2c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- 1/2c Peas (cooked)
- 1/2 sm Baked Potato
- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 1/2c Corn (cooked)
- 1 Ear of corn
- 1/2c Sweet Potato (cooked)
- 1/2c Yam (cooked)
- 1/2c Mashed Potatoes

Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)

Pretzels

- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

PROTEINS / DAIRY:

Fish/Seafood

- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

Beef/Pork

- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

Dairy

- 8oz 1% or non-fat regular milk or chocolate milk
- 1/2c Non-fat or low fat cottage cheese
- 1/2c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

Eggs

- 1/2c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

Legumes

- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2T Hummus
- 1/2c Soy beans (cooked)
- 1/2c Split peas
- 1T Almond butter
- 1T Peanut butter (natural)
- 10-15 Raw nuts

MEAL REPLACEMENTS/PROTEIN POWDERS:

- 1-2 scoop Whey Protein*
- 1 Bar
- 1 Shake

*Make sure to choose protein powders that are certified safe and reliable. Check out www.nsfssport.com for a complete list.

Meal replacement considerations:

- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
- Women need 10-30g
- Men need 15-42g

VEGETABLES:

Green

- 1c Arugula
- 1/2c Asparagus (cooked)
- 1c Asparagus (raw)
- 1/2c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- 1/2c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- 1/2c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

White

- 1/2c Cabbage (cooked)
- 1c Cabbage (raw)
- 1/2c Cauliflower (cooked)
- 1c Cauliflower (raw)
- 1/2c Onions (cooked)
- 1c Onions (raw)
- 1/2c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

Red

- 1/2c Tomato, beets
- 1/2c Salsa, tomato sauce

Orange

- 1/2c Carrots (cooked)
- 1c Carrots (raw)

Mixed Colors

- 1c Peppers (cooked)
- 1c Peppers (raw)
- 1/2c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- 1/2c Zucchini (cooked)
- 1c Zucchini (raw)

FRUITS:

Red

- 1 sm. Apple
- 1/2c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1 1/2c Strawberries (whole)
- 1/4c Watermelon (cubed)
- 1/2 sm. Grapefruit

Orange

- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1lg. Tangerine

Yellow

- 1/2lg. Banana(s)
- 1/4c Pineapple chunks (in own juice)

Blue/Purple

- 1c Blackberries or boysenberries
- 1/4c Blueberries
- 14 Grapes
- 2 sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

Green

- 1c Honeydew melon (cubed)
- 1 sm. Kiwi fruit
- 1 sm. Pear

Mixed Colors

- 2T Dried fruit
- 1/2c Fresh fruit salad
- 1/2c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

FATS (CHOOSE OFTEN):

- 1T Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- 1/4 Avocado
- 12lg. Black or green olives
- 1.5t Plant oils: olive, canola, flax
- 2T Flax seeds
- 2T Hummus
- 2T Seeds: Pumpkin, sesame, sunflower
- 3T Guacamole
- 2t Smart Balance, Benecol

FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1oz Cheese
- 1 shoe Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1T Commercial salad dressings

1t = 1 Teaspoon
1T = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

sm. = Small
med. = Medium
lg. = Large

SOURCE: WWW.NAVYFITNESS.ORG