

FRST Center Nutrition



SOUTH DAKOTA
STATE UNIVERSITY
South Dakota First
Responders Support Training




FUEL FOR THE FRONTLINE: SPRING INTO ACTION



Transition into the vibrant spring season by refreshing your approach to fueling your body! This April, we're focusing on nutrition strategies that keep you feeling your best and performing at your peak – whether you're on the job or recovering after a long shift.

Seasonal Fruit & Vegetables:

- Arugula
- Artichokes
- Asparagus
- Beets
- Carrots
- Green Onions
- Kale
- Lettuce
- Radishes
- Peas – Snap & Snow
- Spinach
- Sweet Potatoes
- Apricots
- Avocados
- Bananas
- Blueberries
- Cherries
- Grapes
- Grapefruit
- Lemons
- Mangoes
- Pineapple
- Rhubarb
- Strawberries



Seasonal produce is **fresher**, more **flavorful**, and **packed with nutrients** that support your energy and recovery!

Proper Portion Sizes:¹

Proper portions help regulate your energy levels, prevent overeating, and ensure balanced nutrition throughout your busy day!



Superfood Smoothie:

Calories: 231 kcal
Carbohydrates: 32 g
Protein: 9 g

Why this smoothie? Packed with nutrients, this smoothie helps support recovery and energy with protein, healthy fats, and anti-inflammatory ingredients like turmeric and ginger!

Ingredients:

- 1 cup baby spinach
- 1 cup frozen pineapple chunks
- 2 cups plain kefir or yogurt
- 1 thumb ginger cut into smaller chunks
- 1 teaspoon turmeric

Directions:

- Place all the ingredients in a high-speed blender, and blend for 60-120 seconds until you get a smooth and creamy texture.
- Taste the smoothie, adding more milk if it is too thick or adding more sweetener (stevia, monk fruit, honey, maple syrup, coconut) if it's not sweet enough for you. Pour into a cup or mason jar. Enjoy immediately or store in fridge for up to 24 hours.



PROTEIN

1 - 2 palm-sized portions per meal
(average 4 - 8 oz.)

For example: beans, pork, chicken, fish, beef



VEGGIES

1 - 2 fist-sized portions per meal
(average 5 - 10 oz.)

For example: cucumbers, carrots, squash, cauliflower, spinach



CARBOHYDRATES

1 - 2 cupped handfuls per meal
(average 0.5 - 1.5 oz.)

For example: sweet potatoes, rice, quinoa, potatoes



HEALTHY FATS

1 - 2 thumbs per meal
(average 1 - 3 tbsp.)

For example: almonds, nut butters, olive oil

¹International Association of Fire Fighters. Fire Fighter Nutrition Guide, 6th ed. International Association of Fire Fighters, 2021. Available at: https://www.iaff.org/wp-content/uploads/Nutrition/FFNutritionGuide_v6.pdf. Accessed March 23, 2026.

²Yumma.Jawad. Vegan Healthy Superfood Smoothie. Feel Good Foodie. Published November 21, 2019. Accessed March 22, 2026. <https://feelgoodfoodie.net/recipe/vegan-healthy-superfood-smoothie/#wprm-recipe-container-6163>.