

FRST Center Nutrition

Fueling First Responders: Healthy Food Choices During Summer Holidays

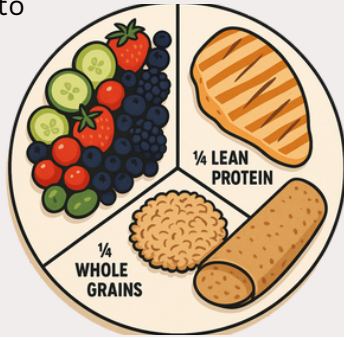


SOUTH DAKOTA
STATE UNIVERSITY

South Dakota First
Responders Support Training

BUILD A HEALTHY PLATE

- ½ Veggies/Fruit
 - Berries, Pineapple, Watermelon
 - Cucumbers, Tomato
 - Grilled Veggies
- ¼ Lean Protein
 - Chicken
 - Fish
 - Lean Steak
 - Boiled Eggs
- ¼ Whole Grains
 - Rice
 - Whole Grain Wrap



SMART HYDRATION

- Aim for 8-10 cups/day or more if in gear or outdoors
- Add lemon, berries, or other flavor options to enhance taste
- Avoid excess caffeine or sugary drinks
- Drink 1 glass of water for every alcoholic drink consumed

MAKE SMART BBQ CHOICES

- Choose lean meats:
 - Chicken breast, turkey burgers, fish
- Veggie Kabobs:
 - Zucchini, peppers, mushrooms, onion
- Go light on:
 - Sauces, creamy sides, high-fat salads
- BBQ Tip:
 - Use foil to reduce charring and keep meals tasty

SMARTER ALCOHOL SWAPS

- Light beer
 - Fewer calories
 - Choose options under 100 calories or <5% ABV
- Vodka Soda
 - Low in sugar and calories
 - Add lime
- Hard Seltzers
 - Look for <100 calories, no added sugar
- Lower Sugar Margarita
 - 1 oz tequila, lime juice, orange juice, ice

BE MINDFUL

- Don't skip meals
 - Leads to fatigue and overconsumption
- Chew slowly
- Avoid stress-eating
- Pay attention to cues that you are full
- Reduce overeating by having a balanced snack a few hours before a party

HEALTHY PARTY SNACK OPTIONS

- Cheese and whole grain crackers
- Mini whole grain wrap pinwheels
- Fruit skewers or cups
- Deviled Eggs with Greek yogurt
- Veggie slices with hummus
- Trail mix
- Grilled chicken skewers

