

## **NUTRITION**

**1844**

(No. 10 September 1997)

Maintaining a balanced diet is essential for CAL FIRE employees to do their jobs and remain healthy. An imbalanced diet can impair performance and lead to health problems such as heart disease, obesity, hypertension, and cancer.

## **GENERAL DIETARY GUIDELINES**

**1844.1**

(No. 10 September 1997)

The dietary guidelines recommended for CAL FIRE employees are as follows:

- Eat a variety of foods daily:
  - 3-5 servings vegetables
  - 2-4 servings fruits
  - 6-11 servings breads, cereals, rice and pasta
  - 2-3 servings milk, yogurt and cheese
  - 2-3 servings meats, poultry, fish, dry beans, eggs and nuts.
- Carbohydrate consumption should be 58% or more of total energy intake. Use sugar in moderation. At least 48% of total energy intake should include complex carbohydrates and no more than 10% should include refined and processed sugars.
- Avoid too much fat, especially saturated fat. Fat consumption should be at or below 30% of total energy (caloric) intake. The intake of fat should be distributed evenly between saturated fats (10%), poly-unsaturated fats (10%), and mono-unsaturated fats (10%).
- Protein consumption should be 12 to 14% of total energy intake.
- Choose a diet low in cholesterol. Cholesterol consumption should be no more than 300 milligrams per day.
- Use salt in moderation. Salt (sodium) intake should not exceed 5 grams per day.

## **INCIDENT BASE NUTRITION**

**1844.2**

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Good food is a morale booster in any incident base, and more importantly, food fuels the muscles for hard work. A good diet should include large quantities of carbohydrates to replace muscle energy burned up when working long shifts, but a variety of foods from all four food groups is also necessary. An increase in fluids is essential to prevent dehydration from fluid loss caused by strenuous work. Sack lunches should include snacks that can be eaten throughout a shift to help maintain energy levels and slow fatigue.

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