

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Fuel for the Fire ~ Classes of Nutrients



Nutrition

The common saying "you are what you eat" is often thrown around and joked about. The fact is, you are only as good as you eat. Current research has shown a clear relationship between proper nutrition and disease prevention. Diseases such as obesity, heart disease, diabetes and cancer have been linked to the diet. The new field of Sport's Nutrition is showing the benefits in improving performance by improving the diet.

The key to nutrition is **balance**. Food is made up of six

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

The father of medicine-Hippocrates (460-377 BC)

classes of nutrients. Each of these nutrients are important for different functions within the human body. Understanding what each of these nutrients do and how much you need will be the key to keeping a healthy lifestyle and performing your best.

Classes of Nutrients

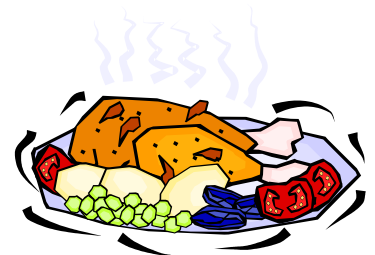
Macronutrients

- ☺ Carbohydrates
- ☺ Fat
- ☺ Protein

Micronutrients

- ☺ Vitamins
- ☺ Minerals

Water



The Keys to Proper Nutrition

- ☺ Balance the amount of calories you eat with how much you burn.
- ☺ Be sure to eat a variety of healthy foods to get all the nutrients you need.
- ☺ Drink plenty of water.