INTRODUCTION

Good nutrition is important during military training to provide your body with adequate energy to support training and to optimise recovery.

The Eatwell Guide shows how much of what you eat should come from each food group. Use this to guide your food and drink choices throughout the day.

The boxes explain the importance of the key food groups and highlight any differences in requirements when undertaking military training.

Important facts

During military training when physical activity training loads are high your energy needs will usually be higher compared with the Eatwell Guide recommendations, so you should increase portion sizes of healthy options to meet requirements.

Once training is completed OR during more sedentary phases of training (e.g. first aid week) your energy needs will not be as high, so you should reduce portion sizes.

It is important that you alter your energy intake based on your energy expenditure in order to maintain a healthy body weight.

NEW ENTRY RECRUITS TRAINING SUPPLEMENT (NERTS)

> NERTS typically consist of a cereal bar and juice/milk drink.

> The aim of this extra snack is to fill the gap between dinner and breakfast. Remember to collect your NERTS every day and consume it in the evening or if allowed before or after physical training sessions.

SNACKS

> Consume healthy snacks after exercise and in between meals to optimise recovery and to keep your energy levels topped up throughout the day.
Dietary Supplements

> As long as you consume a varied, well-balanced diet that meets the energy demands of your training you should not need to use dietary supplements.

> The majority of dietary supplements are ineffective. For more information refer to the ‘Dietary Supplements’ and ‘Sports Supplements’ factsheets (DNAS PH13, SEN3).

> Contamination: some supplements may be contaminated with illegal substances and may result in a positive Compulsory Drugs Test result. Informed Sport provides some (but not 100%) assurance in terms of dietary supplements that have been batch tested, however this is not a guarantee of safety.

Top Ten Nutrition Messages to Support Your Training

1. Plan to fuel your training – think ahead to ensure an adequate food intake during the day.
2. Do not skip meals – attend all three meals and make healthy choices at each meal.
3. Base your meals and snacks around carbohydrates and proteins.
4. Eat plenty of fruit and vegetables – ‘5 A DAY’.
5. Drink plenty of water – at least 2 litres per day, more if exercising in the heat.
6. Cut down on saturated fats (fried and processed food) and sugar.
7. Avoid taking performance and dietary supplements.
8. Alcohol – keep within the recommended guidelines and avoid binge drinking.
9. Cereal bar and juice/milk drink – this extra snack is to fill the gap between dinner and breakfast. Consume it in the evening or if allowed consume it before PT sessions.
10. Watch your body weight and waist line – during less active periods of training… especially during Phase-2 (trade/specialism) training.

For More Information

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