

# Eating for Performance Series: FTX



Staying lethal when conditions and environment change.

## Tactical Nutrition

During FTX, MREs can become the sole source of nutrition. Most soldiers can easily burn through 3500 to 7000 kcal a day while training depending on mission and MOS. It is possible to use MREs tactfully to maintain performance, sustain health, and recover from training by understanding your individual needs.

## Average Nutrition for an MRE:

1300 to 1400 calories

30 to 55 g protein

140 to 170 g carbohydrate

55 to 60 g fat

To see nutrition for each MRE [CLICK HERE](#).

An FTX is not the ideal time to start a weight loss plan. Talk to a performance dietitian to establish a plan that is right for you. Appointments: [www.visibook.com/lancerh2f](http://www.visibook.com/lancerh2f)

## KNOW YOUR NUTRIENTS

Properly fueling with adequate carbohydrate and protein is paramount to preparing for, sustaining, and recovering from physical activity.

### Carbohydrates:

Primary source of fuel during physical activity. Important for pre-, intra-, and post-training fueling

- Prime for *moderate to high* activity with 30-60g ~1hr prior to activity
- For *moderate to high* activity lasting >90 min, aim to consume 30-60g/hr to maintain energy levels
- Re-fuel after *high intensity* activity with 4:1 ratio carbohydrate to protein (i.e. 100g carb:25g protein) to replenish depleted carbohydrate stores

Sources include: Bread, pasta, rice, fruit, fruit juices, beans, potatoes and vegetables

### Protein

Necessary to repair muscle proteins that are broken down during physical activity. Most important for post-workout recovery.

- Aim to consume between 10-20g of protein at each snack, and between 25-30g at all meals.
- Eating protein every 3 hours throughout the day will improve muscle recovery.

Sources include: Lean meat, fish, eggs, beans, soy, cottage cheese and Greek yogurt

**PROTEIN POWER UPS for FTX:** *nut and seed trail mix, peanut butter packs, beef jerky, whey protein powder and protein bars, and shelf stable meats (ie, canned chicken/tuna/salmon)*