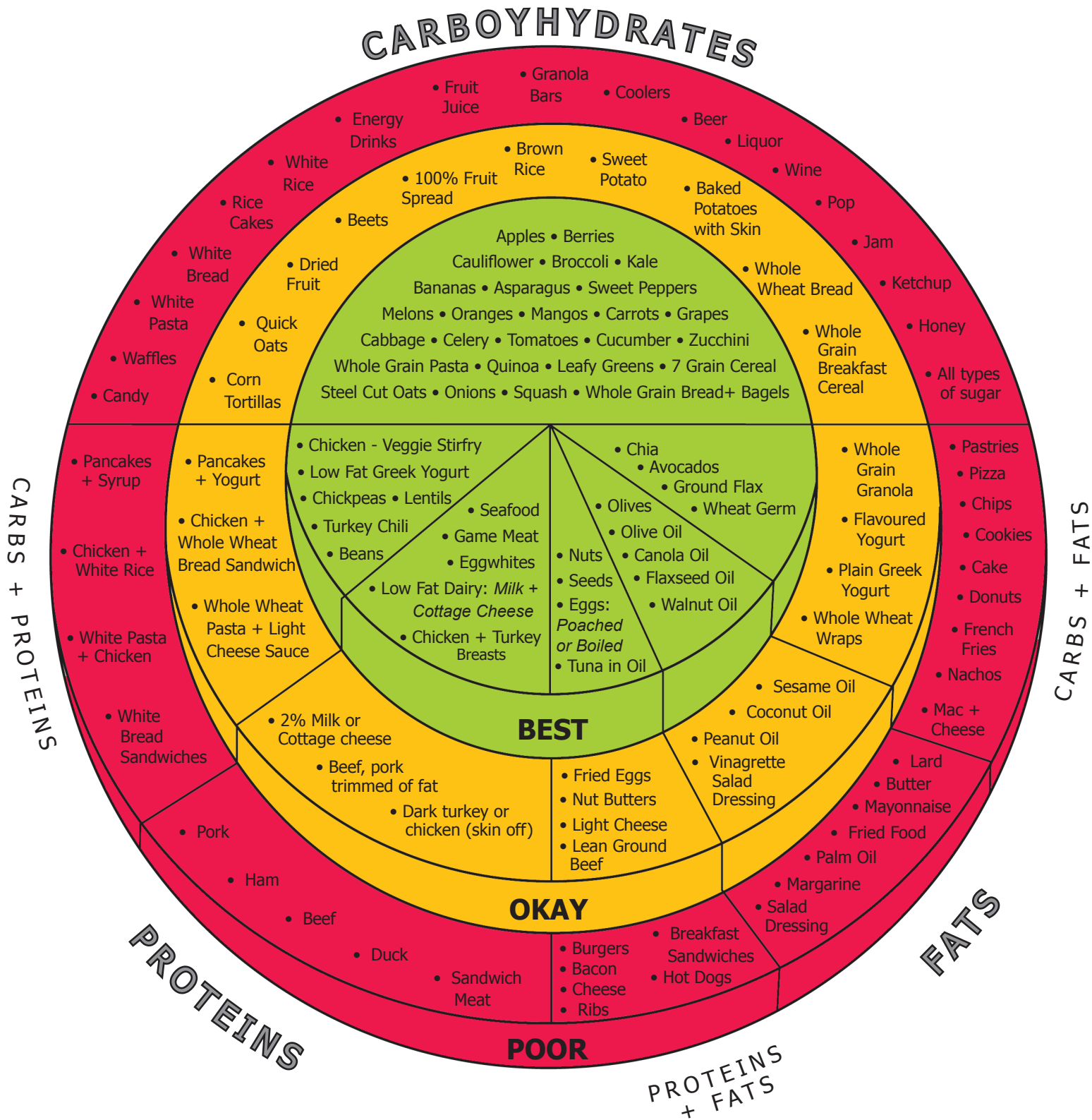


# FALLER FOOD CHART

Working in the woods is hard and top performances depend on your brain and nerves as much as your muscles. Stabilizing blood sugar and staying hydrated can improve your ability to stay alert and react quickly when needed. Choose foods from the **GREEN** circle to help reduce fatigue and keep your attention level up to 15% higher.



## HOW TO USE THE CHART

Choose foods from the **GREEN** circle MOST of the time.

If you love a food that is in the RED ring, move inward to the YELLOW or **GREEN** to find something different to eat that will help keep you at your most alert while working. Save red items for treats on days off.

To keep your blood sugar as stable as possible combine CARBS with PROTEINS as often as possible. CARBS should make up about 2/3 to 3/4 of each snack or meal, while PROTEINS make up 1/3 to 1/4.

FATS take a long time to digest and will delay the energy from the foods you eat getting to your muscles and brain. While you are working choose items from the PROTEIN, CARB or PROTEIN + CARB sections rather than the FATS+PROTEIN or CARBS+FATS sections. And keep added FATS to a minimum. The one exception is coconut based fat. If you find that you are losing weight or getting hungry all the time try adding a tablespoon of coconut oil to your meals.

Portion size is also important. When you are hiking on steep ground or over long distances your need for calories will go up, if you are GAINING weight you are eating more food than you need, if you are LOSING weight you are not eating enough. Either way it is important to eat BEFORE you get hungry. Split your meals and snacks in half or thirds and eat a SMALL amount EVERY 2 hours to keep your blood sugar stable and your reaction times at their best.



**HYDRATION** Choose WATER unless it is very HOT out or you SWEAT heavily. Only then does a sports beverage become needed. Have about a half to whole cup of water every hour. Sipping your water helps it stay in your body.



**KEY POINTS** Choose foods from the **GREEN** circle most often for best performance and good health.