

Diet Recommendations Handout

It is important that you provide your body with the proper nutrition in order to maximize your performance in the aircraft. It is recommended that you eat a diet that includes plenty of fruits, vegetables, and whole grains and a limited amount of fat. Specifically, you should cut back on “bad fats” (saturated fats and trans fatty acids) and consume “good fats” (polyunsaturated and monounsaturated fat like olive oil and canola oil). Research shows that this type of diet decreases your risk for heart attack, stroke, and diabetes. If you’re not already watching your diet carefully now is the perfect time to start.

Tips for achieving this goal include:

- Make fruits and vegetables part of every meal (frozen or canned can be used when fresh isn't available)
- Put fruit on your cereal and eat vegetables as snacks
- Have a bowl of fruit out all the time for you and your kids to snack on
- Choose chicken, fish, or beans instead of red meat and cheese
- Look at the food label when you purchase food (all U.S. packaged food products must list the saturated fat and trans fat content)
- Cook with oils that contain polyunsaturated and monounsaturated fats, like olive and canola oil
- Choose margarines that do not have partially hydrogenated oils because this equates to increased trans fatty acids
- Eat fewer baked goods that are store-made and contain partially hydrogenated fats (i.e. many types of crackers, cookies, and cupcakes).
- When eating at fast food restaurants, choose items like baked or broiled chicken or fish

Currently, there is a lot of attention being focused on the low carbohydrate or Atkins type diets. The brain relies primarily on carbohydrates for proper function and therefore, these diets are not compatible with flying. Furthermore, these diets will reduce your G tolerance and are not recommended for aviators. If you have further questions about your diet call us today at 361-961-3410 or go online to a trusted website such as www.webmd.com or www.familydoctor.org