The Five Foundational Food Groups

The five foundational food groups include Whole Grains, Fruits, Vegetable, Nut & Seeds. These food group have been selected because they provide all essential nutrients to daily human requirements and are also vital to tactical readiness. Not only do all of these food groups provide all amino acids, macronutrients, fiber, and micronutrients, but they are also the only source of antioxidants necessary to protect the body from the stress of exercise.

Whole Grains

* Breads, pastas, brown rice, oats, quinoa, wild rice
* Rich in fiber, zinc, and B vitamins
* 3 or more servings recommended per day
* Buy whole grains bulk.

Fruits

* Bananas, strawberries, apples, raspberries, clementines, grapes, blueberries, pineapple, avocado, mango
* Rich in fiber and a variety of essential vitamins and minerals
* 5 or more servings recommended per day
* Buy fresh in season produce. Canned, frozen, or dried fruits are good options.

Vegetables

* Leafy greens, cucumber, squash, celery, carrots, tomato, mushrooms, potatoes, beets, spinach, peas, broccoli, brussle sprouts, artichoke, bell peppers
* Rich in iron, calcium, fiber, and variety of other essential vitamins and minerals
* 8 or more servings recommended per day
* Buy fresh in season produce. Canned, frozen, or dried fruits are good options.

Beans

* Black beans, kidney beans, chickpeas or hummus, soy beans or tofu, great northern beans, pinto beans, refried beans
* Rich in protein, fiber, and other essential nutrients
* 2 or more servings recommended per day
* Buy dried, roasted, or canned. Look for ones without too much added salts.

Nuts and Seeds

* Peanuts or nut butters, flax seeds, chia seeds, sunflower or pumpkin seeds
* Rich in protein, essential fatty acids and other key nutrients
* 2 or more servings recommended per day
* Buy dried, roasted, or canned. Look for ones without too much added salts.