

Eating Well on the Go **Fact Sheet**

Extended hours spent in a patrol car might make it difficult for officers to find the time to eat properly or access nutritious options. Poor nutrition can impact job performance and officer health, potentially leading to *low blood sugar levels, dehydration, increased risk of heart attack, or more severe physical injuries*. Healthy eating habits increase officer safety by helping officers stay alert and energized while on-duty. These habits can also promote overall health and well-being.

Do You Know What's in Your Beverage?

The Sugar Breakdown of a 12oz Beverage:¹

Water		0g
Sports Drink	■	22g
Soda	■ ■	35-47g
Energy Drink	■ ■	40-51g
Fruit Juice	■ ■ ■	41-63g

Adults should only consume six teaspoons or 25 grams of sugar per day.²

Your uniform and vest may increase sweat production throughout your shift. Remain hydrated to keep yourself from overheating in your gear and regularly consume water to sustain hydration even when you are off the clock. While an individual's water consumption will vary based on body composition, medical conditions, and level of physical activity, most adults should consume four to six glasses of water each day.

Make Healthy, Realistic Choices

Have go-to healthy meal options at your favorite restaurants. Even fast-food locations now offer healthier selections. Balance your meal by choosing a side of veggies or fruit instead of french fries.

Try to establish a consistent eating routine based on your schedule for the day and get away from the patrol car, if possible, to consume your meal.

Keep healthy snack options on hand like granola bars, almonds, or fruit to keep you feeling full and energized.

Carry a refillable water bottle with you and refill it whenever you have the opportunity.

This or That: Choosing Healthy Meal Components

Breakfast: Choose whole grain breads and eggs over sugary pastries.



Lunch/Dinner: Look for meals with lean meats such as chicken breast and fresh vegetables rather than greasy fast-food options like a cheeseburger and sugar-filled soda.



Snack: Choose protein-filled snacks with fiber like beef jerky or nuts over sugary and salty snacks like a bag of chips.



1 Harvard School of Public Health. "How Sweet is it?" Retrieved from <http://www.hsph.harvard.edu/nutritionsource/how-sweet-is-it/>.

2 Harvard School of Public Health. "How much water should you drink?" Retrieved from <https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>