



NUTRITION AND HYDRATION

A firefighter may burn 5,000 to 6,000 calories a day. Calories must be replaced to help avoid fatigue and impaired judgement.

Our firefighters box lunches provided food this is primarily carbohydrates. The recommended ratio of macro-nutrients is 60% carbohydrates, 10% protein, and 30% fat (less than 10% should be saturated fats). Only macro-nutrients provide energy. During fire line assignments, firefighters should try to eat 160 calories of carbohydrates per hour.

On a normal fireline assignment, firefighters may need to replace 5-6 quarts of fluids a day. Mix water with natural juices and sport drinks containing energy-restoring glucose to help meet the 160 calories of carbohydrate per hour recommendation. It is important to remember that each individual is different, and there are no recommendations that apply to everyone exactly.

Reference

Wildland Fire Incident Management Field Guide
January 2014 PMS 210 NFES 002943

