

NSWG2 CHOW BITS

1 AUGUST 2011

Know Your Sweat Rate?

All you need is an accurate scale:

Weigh yourself (nude is best) before and after a one hour workout while knowing exactly how much fluid was taken in during the workout. Convert weight lost to ounces (1 lb = 16 oz). If you lost a pound and drank 16 oz of fluids, you lost a total of 32 oz. Divide 32 oz by 4. You need to consume 8 oz of fluids every 15 minutes of exercise. Retest for different workouts and seasons. See www.powerbar.com/calculators/sweat for hassle-free math figuring.

Nutritional Considerations for Caffeine Use

Recent recommended caffeine dose for performance improvement is 1-3 mg caffeine per kg body weight (0.45-1.4 g per lb). For a 68 kg (150 pound) athlete, that equates to a range of about 70-210 mg of caffeine (about 2 cups of coffee). There's no evidence that additional caffeine provides any greater performance benefit.

Recipe of the Week - Crockpot Steel Cut Oatmeal

- 1 cup steel cut oats – look at the package to make sure you have steel cut, not the quick instant stuff
- 4 ½ cups water
- ½ teaspoon salt
- 2-3 tablespoons of butter or Smart Balance spread
- Cooking spray



Spray crock pot with cooking spray to avoid sticking. Pour in water, salt, oats, and butter. Cook on low for 7-8 hours overnight. Add honey or maple syrup, nuts, fruit and milk for a nutrition packed breakfast. Steel cut oats are oats in their natural form and are higher in B vitamins, protein and fiber than other oats.

Which sources of food and/or beverages provide an adequate amount of water?

You can easily get about 20% of your daily fluid need from the foods you eat. The other 80% of fluid you need comes from the beverages you drink. Stick with plain water as the beverage of choice and stay away from excess calories and artificial sweeteners. Drinking calories is the easiest way to consume calories and gain excess weight.

Top Five Water-Rich Foods

Food	% Water
Lettuce (1 ½ C)	95%
Watermelon (1 ½ C)	92%
Broccoli (1 ½ C)	91%
Grapefruit (1 ½ C)	91%
Carrot (1 ½ C)	87%

Reference: Institute of Medicine

11 and 25 AUG 1330: Commissary Tour Training – RSVP at lori.tubbs@nsweast.socom.mil