

Nutrition OVERVIEW	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A03.01 01/2012 Page 1 of 1
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NUTRITION

The importance of nutrition to health, fitness, and performance cannot be understated. Unfortunately, there exists a great deal of controversy and confusion as to what constitutes sound nutritional practices.

The controversy and confusion arises because nutrition is big business, or more specifically nutritional supplements are a billion dollar a year industry. This industry has a vested interest in promoting its products and does so in an aggressive and sometimes questionable manner.

The other half of the equation is the scientific community predominately represented by the Registered Dietitian Association. Their role is to present factual information on nutrition and nutritional products. Unfortunately, factual information on nutrition comes from studies that take years to complete and often are contradictory. As a result, information is slow in coming and the RDA is forced to take a decidedly conservative stance.

Here in lies the problem, the supplement industry can make bold claims about the benefits of a product. While the RDA makes what appears as contradictory statements by stating the same old rhetoric of eat a balanced diet and all nutritional needs will be met.

The decision of what to believe will always be that of the individual. This manual has chosen to present the more factual, conservative approach to nutrition for obvious reasons.

Nutritional advice and guidance is available by a nutrition specialist at the Health Center and by a Registered Dietician and Nutritionist off site.