

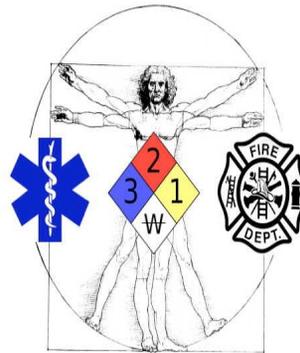


OUR MISSION

Emergency responder activities are intrinsically dangerous. The Emergency Responder Human Performance Laboratory is dedicated to conduct research and assist in developing guidelines that improve the occupational health and safety of emergency responders. We seek to improve performance and safety during firefighting, hazardous materials incidents, and emergencies resulting from chemical, biological, and radiological agents by improving knowledge and understanding of the physiological stresses that accompany work in various forms of personal protective equipment.

The ERHPL research program includes studies important to the fire service:

- Fireground Rehab
- HazMat Protective Clothing
- Balance while wearing bunker gear
- Firefighter fitness
- And more



Emergency Responder
Human Performance Lab

Dedicated to promoting health and safety for fire, EMS, and law enforcement through research and education....

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20 EASY DIET CHANGES FOR EATING OUT OR LIFE ON THE GO



Eating healthy on the job doesn't have to be difficult, time consuming or costly.

Here are 20 easy dietary changes that may make you feel lighter, healthier, and more energized for a busy day at work or play!

Adopt one or all twenty ~ your body will THANK YOU for it!

1 Replace half & half and sugar with skim milk and no calorie sweetener. Save at least 50 calories per cup!

2 Eat breakfast! Switch to bran or whole grain cereal with skim milk. Add frozen fruit and nuts for antioxidants and protein.

3 Avoid empty calories! Limit soda/pop/energy drink consumption. Don't drink your calories!

4 Brown bag it!
Pack a sack lunch!



5 Trail mix can be a great on the go snack. Make your own! Mix together dried fruit (cranberries, raisins, apples, bananas, etc), nuts, seeds, low fat granola. You can even add a few dark chocolate chips!

6 Have soup! Choose one that is low in sodium with both protein & carbs. Vegetable beef is yummy on a cold day!

7 Avoid deep fried foods. Choose grilled or baked instead.

8 Swap regular chips for baked, pita or veggie chips!

9 Get condiments on the side. Avoid mayo, oil dressings, and butter. Choose low fat or fat free options. Salsa and mustard are great low calorie, low fat options!!

10 Keep healthy snacks on hand at all times! Fresh or dried fruit, nuts, low fat yogurt, breakfast bars, sugar free applesauce or peanut butter and crackers.

11 Go whole grain! Limit white bread and pastas. Whole grains are heart healthy, full of fiber, and will fill you up. Swap a regular bun for whole wheat, make sure whole grain is the first ingredient on the nutrition label, try whole wheat pasta.

12 Choose low fat dairy. If you drink whole milk, try 1% or skim. Pick low fat yogurt and cheeses like mozzarella or parmesan.



13 Fiber fills you up. Add beans, peas, or fruit to soups, salads, and cereal. Fiber also helps to keep you regular. Air popped popcorn make a great portable, high fiber, low fat snack!

14 Choose lean cuts of meat when possible. Avoid high fat meats like bacon, salami, sausage, and hot dogs.

15 Make healthy snacking easier! Choose fruits and veggies that have little prep work like baby carrots, cherry tomatoes, or grapes.

16 Stay hydrated! Many people confuse hunger with dehydration! Carry a water bottle with you at all times. Strive for 6-8 cups of water each day.



17 Have one meatless meal each day. There are tons of options that are also yummy! Veggie burgers, tofu in stir fry, bean burritos, hummus, or even veggie kabobs. Or make it real easy and have a peanut butter and honey sandwich on whole wheat!

18 Say **NO** to super sizing! Add a side salad with dressing on the side and a piece of fruit to your meal instead.

19 Pay attention to serving sizes and sugar intake. Portion sizes keep getting bigger. Learn to read labels, ask for healthier alternatives, or cut a portion in half and save it for later!

20 When you must hit the drive-thru, research the menu ahead of time so you know what to order and aren't tempted by the triple cheeseburger!

www.foodfacts.info is a great resource for multiple fast food menus!