



The Navy SEAL Nutrition Guide

Patricia A. Duester, Anita Singh, Pierre A. Pelletier

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The Navy SEAL Nutrition Guide was developed originally for the U.S. Navy to provide sound guidance on nutrition to a new generation of Navy SEALs. The demands of SEAL physical training are profound, as you may well understand. Proper nutritional intake will give you the fuel you need to keep going on those miles of runs, laps of swimming, and hours of grueling PT sets.

From basic nutritional information to specific guidance on such matters as caloric intake, healthy food choices and hydration, you will find the information presented to be a useful reference as you go forward in your quest to attain top physical conditioning. Nutrition and physical training go hand in hand. You need to respect what you eat to be able to achieve maximum physical potential.

Whether chowing down in the mess hall or cooking dinner at home, *The Navy SEAL Nutrition Guide* will make sure you get the nutrition you need to stay physically active. If you want to be big, you need to eat big. And you need to make good food choices as well.

Whether you are halfway through training or just starting your own fitness routine, *The Navy SEAL Nutrition Guide* is the perfect complement to your workout program.

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