



Optimising nutrition and feeding systems to enhance operational performance



Purpose

- Evaluate the energy needs and macronutrient intake of Australian Defence personnel during training
- Identify suboptimal nutritional practices that may hinder adaptations and recovery from training
- Explore carbohydrate and protein feeding strategies to enhance adaptations to military physical training

Product

- Review summarising existing knowledge of nutritional needs and practices of Australian Defence personnel
- Novel insights into the existing nutritional practices of Australian Defence personnel
- Future Nutrition Report: Evidence-based nutritional recommendations, specific to the demands of military training, to optimise training adaptations

Schedule

- **FY19-21:** Observational study of the energy needs and existing macronutrient intake of Australian Defence personnel during training; Subsequent laboratory and field-based studies, designed to assess innovative nutrition practices to support and maximise training adaptations
- **FY21/22:** Further design and implementation of laboratory and field studies; Development of framework of nutritional recommendations specific to military training

Partners

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