

Foundational Nutrition



Objectives

- Define the role of the CFL
- Discuss the benefits of a healthy diet
- Discuss the potential risks of an unhealthy diet
- Familiarize you with reputable nutrition resources
- Provide overview of basic nutrition

Role of the CFL

- Be familiar with resources
 - Nutrition Resource Guide (NRG) contents
 - Local Ship Shape facilitator(s)
 - Dietitian (Navy, Army, or AF) at MTFs
- Conduct FEP indoctrination
 - Provide a copy/link for NRG
 - Collect nutrition option (1 of 4) within 14 days and enter in PRIMIS
- Monitor FEP
- Stay proactive and support training

Outside of CFL Role

- Provide or recommend “diets”/plans
 - Balanced approach
- Recommend calorie levels
- Recommend supplements
 - Refer to OPSS or uniformed registered dietitian

Activity

- Write down 3 reasons why people choose to eat the foods they do



Reasons why people eat

- Energy
- Hunger
- Ethnicity
- Religion
- Gender
- Values
- Income level
- Cost
- Health benefit
- Habits
- Food advertising
- Taste
- Palatability
- Environmental factors
- Emotions
- Convenience factors

Benefits of Proper Nutrition

- Increased mental and physical energy
- Easier to manage weight
- Improved performance
- Improved immune system
- Reduced risk of short and long-term diseases

Risks of Improper Nutrition

- High blood pressure
- High cholesterol and triglycerides
- Iron-deficiency anemia
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Cancer (endometrial, breast, and colon)

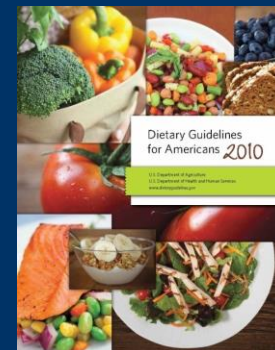
Nutrition Foundation

- ChooseMyPlate.gov
- Dietary Guidelines 2015



- $\frac{1}{2}$ fruits and vegetables
- $\frac{1}{4}$ grain
- $\frac{1}{4}$ protein

- Build a healthy plate
- Cut back on foods high in solid fat , added sugar and salt
- Eat the right amount of calories for you
- Be physically active your way



Go for Green

- DoD stoplight identification of food choices
- Green: Eat often
 - Most nutrients and least added salt, sugar and fat
- Yellow: Eat occasionally/watch portions
- Red: Eat rarely
 - Least nutrients and/or most added sugar, salt and fat



m-NEAT



- DoD Nutrition Environment Assessment Tool
- Commander's report card on how supportive a command and/or base are of healthy eating
- CFLs are a key stakeholder in changing the eating environment

www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx

Fitness Campaigns



- <https://health.mil/Military-Health-Topics/Operation-Live-Well?type=Presentations>
 - <https://health.mil/News/Articles/2017/03/23/DoD-campaign-guides-military-community-on-use-of-supplements>
 - <https://www.navyfitness.org/nutrition/noffs-fueling-series>
1. Educate and inform about healthy behaviors
 2. Encourage healthy behaviors by providing information and resources
 3. Enhance resiliency

Navy Nutrition Webpage



Navy Personnel Command

[Boards](#) [Career Info](#) [Officer](#) [Enlisted](#) [Support & Services](#) [Organization](#) [Reference Library](#)

[Navy Personnel Command](#) > [Support & Services](#) > [21st Century Sailor](#) > [Navy Nutrition](#)

Navy Nutrition

CSADD

[DADT Post Repeal](#)

[Diversity](#)

[Equal Opportunity](#)

[Life-Work Balance](#)

[NADAP](#)

Navy Nutrition

[Food Service](#)

[Policy](#)

[Nutrition Month](#)

[CFL](#)

[Eaters](#)

[Leaders](#)

[Provider/Educator](#)

[In the News](#)

Physical Readiness

[SAPR](#)

[Sponsorship & Indoc](#)

[Suicide Prevention](#)

[Total Sailor Fitness](#)

Welcome to OPNAV N170

The Navy Nutrition Program

Vision

To create a Navy environment that supports the healthful choice as the easy choice and empowers individuals to make informed choices about their nutrition.

Mission

To set the foundation for a culture that supports healthy eating by providing policy, program and planning resources for the Department of the Navy.

Objectives

Increase food literacy, the degree to which people understand food and process information about food choices.

Transform the Navy food environment to increase access to healthful food choices that are tasty and satisfying while simultaneously decreasing access to highly processed, unhealthy foods.

Establish policy for sustainable changes including nutrition education, food purchasing practices, food preparation and community involvement.

Align with and support higher level initiatives to improve wellbeing and readiness.

[Operation Live Well](#)

[21st Century Sailor and Marine](#)

[National Prevention Strategy- DoD Commitments](#)

Your Role

[Food Service](#)

[CFL](#)

[Eaters](#)

[Leaders](#)

[Provider/Educator](#)

Resources

[Navy Nutrition Month](#)

[March 2013](#)

[Operation Supplement Safety
OPSS](#)

[Nutrition Environment Assessment
m-NEAT](#)

[NOFFS](#)

[Fueling Series](#)

[Go for Green](#)

[Traffic light food identification](#)

[Policy](#)

[Food and Nutrition](#)

[Dietitian Locator](#)

[Nutrition News](#)

Audiences



Navy Personnel Command

BoardsCareer InfoOfficerEnlistedSupport & ServicesOrganizationReference Library

Navy Personnel Command > Support & Services > 21st Century Sailor > Navy Nutrition > CFL

CSADD
DADT Post Repeal
Diversity
Equal Opportunity
Life-Work Balance
NADAP
Navy Nutrition
Food Service
Policy
Nutrition Month
CFL
Eaters
Leaders
Provider/Educator
In the News
Physical Readiness
SAPR
Sponsorship & Indoc
Suicide Prevention
Total Sailor Fitness

CFL

Nutritional Fitness

The command fitness leader plays an important role in creating healthy eating environments and promoting healthy eating habits.

One of your primary responsibilities in the command is to ensure familiarity with programs and resources. This is even more apparent when men and women are at weight standards.

RESOURCES

[Human Performance Optimization](#)
[NOFFS](#)
[Public Health Command](#)



Navy Personnel Command

BoardsCareer InfoOfficerEnlistedSupport & ServicesOrganizationReference Library

Navy Personnel Command > Support & Services > 21st Century Sailor > Navy Nutrition > Eaters

Eaters

CSADD
DADT Post Repeal
Diversity
Equal Opportunity
Life-Work Balance
NADAP
Navy Nutrition
Food Service
Policy
Nutrition Month
CFL
Eaters
Leaders
Provider/Educator
In the News
Physical Readiness
SAPR
Sponsorship & Indoc
Suicide Prevention
Total Sailor Fitness

This page is dedicated to all the eaters out there. Want to eat better, understand your food? Understanding how our food is produced and how our choices impact us has shown to make better food choices easier.

Tip #1. Think about how your plate will look.

[ChooseMyplate.gov](#)

[PSA: Portion Sizes](#)

Tip #2. Consider the food and ingredients

[What is behind the label?](#)

[PSA: Savvy Food Shopper](#)

Tip #3. Food is personal. Determine your individual needs and find out what works for you.

[ChooseMyplate.gov](#)

[PSA: A Reflection of You](#)

Tip #4. Small changes can be more effective than drastic one

[PSA: Small Changes](#)

[PSA: Focus on Nutrition](#)

USDA

[Choosemyplate.gov](#)

[10 Nutrition Tips](#)

[Dietary Guidelines](#)

[Super Tracker](#)

[Food Plans](#)

[Empty Calorie Chart](#)

[Sample Menus and Recipes](#)

[Vegetarians](#)

[Eating Out](#)

[Healthy on a Budget](#)

[Weight Management](#)

FACT SHEETS

[What's behind the Label?](#)

[Holiday Goals](#)

MILITARY ONE SOURCE

[Health and Wellness Coach](#)

[On-line Courses](#)



Nutrition 101



Energy 101

- Energy (Calories) are supplied by:
 - Carbohydrates: 4 kcal per gram
 - Protein: 4 kcal per gram
 - Fat: 9 kcal per gram
 - Alcohol: 7 kcal per gram
- No energy from vitamins, minerals or caffeine

Essential Nutrients

- Carbohydrates
- Fat
- Protein
- Vitamins
- Minerals
- Water



Carbohydrates

***Main energy source during exercise**

Carbohydrates

Glycogen
(stored carbohydrate)

Glucose

Excess stores as fat



Carbohydrates

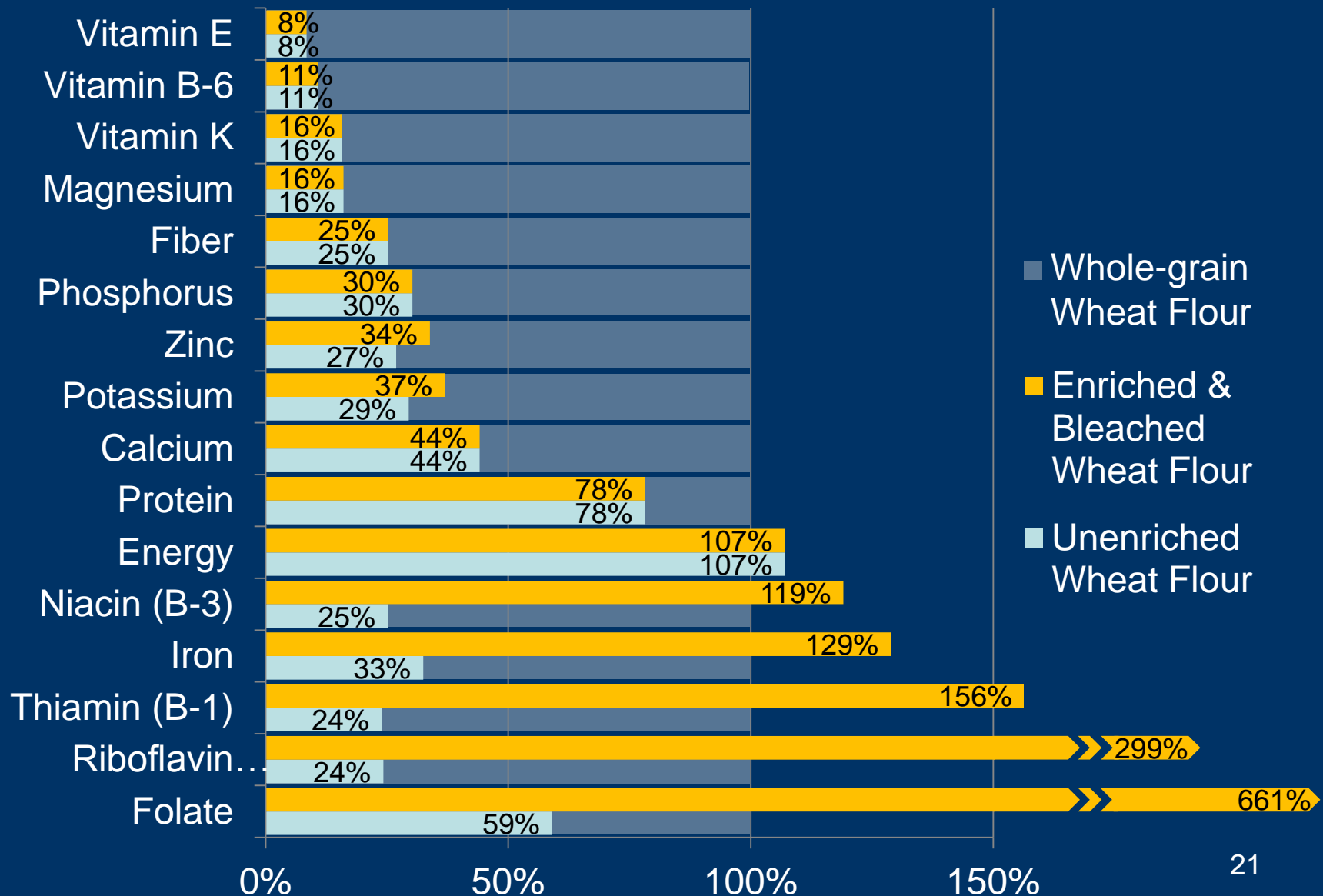


- Should make up 45-65% of the diet
- Essential for recovery from activity!
- Primary source of stored energy in the body
 - Muscles
 - Liver
- Healthy sources: Whole grain bread, pasta, cereal, oatmeal, beans, peas, corn, potatoes

Choose 100% whole grain products

Beware of “Made with Whole Grain” claims

Not all Carbohydrates are Equal



Healthful Fats

- 20 - 35% of diet
- Provides essential fatty acids for growth, skin, and hair
- Transports fat-soluble vitamins (A, D, E, K)
- Healthy sources: Nuts, seeds, nut butters, olive oil, canola oil, & fatty fish (tuna, herring, mackerel, salmon)
- Choose mono- and poly-unsaturated fats and Omega-3 fatty acids



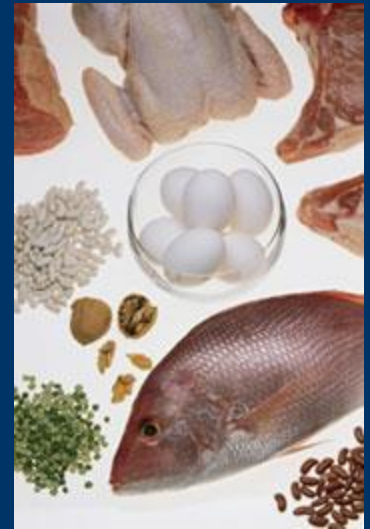
Fats to Limit



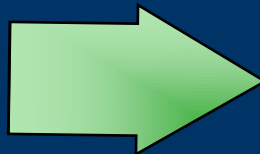
- Saturated fat (animal fat, fried foods)
 - 15-25 grams of each day
 - <10% of total fat from saturated fat
- Trans fat or partially-hydrogenated fat
 - <1 gram of trans fat per 1000 calories
- Cholesterol (animal products)
- < 200-300 grams per day

Protein

- Roughly 10-35% of diet
- **Excess** dietary protein is converted to carbohydrate to provide energy or **converted to fat** and stored



Protein



Amino Acids

Protein



- Essential for recovering from exercise
- Responsible for building and repairing cells
- Excess protein does NOT enhance strength or endurance
- Healthy sources: milk, cheese, lean meats, cottage cheese, beans, nuts, and seeds

Choose low-fat dairy

Vitamins and Minerals

Wardlaw FM, Hampl JS. *Perspectives in Nutrition*. 7th Ed. McGraw Hill. 2006.

- Vitamins are essential, organic, substances needed in the diet for
 - Normal function
 - Growth
 - Maintenance of body tissue
- Minerals are vital to health
 - Enable enzymes to carry out chemical reactions
 - Component of body compounds

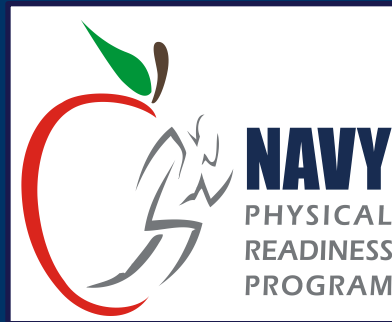
Vitamins and Minerals A, B₆, B₁₂, C, D, Calcium, Zinc & more

- Found naturally in food
- Do NOT provide additional energy unless...a person is deficient in a vitamin or mineral
- Can be toxic in high doses!
- Speak to your physician or a dietitian before using supplements
- Visit Operation Supplement Safety (OPSS) to make informed decisions on supplementing your diet

Basic Daily Guidelines



- Eat 5-9 servings of fruit & vegetables
 - 5 of vegetables
 - 4 of fruit
- Eat 6+ servings of whole grains
 - 25-35 grams of fiber
- Eat lean meats only
 - Fatty meats only occasionally
- Drink $\frac{1}{2}$ your bodyweight in non-caloric fluid ounces
- Consume 3 servings of low-fat milk/yogurt/soy
- Use oils/nuts/seeds instead of butter
- Eat nuts or seeds in small portions



Characteristics of Healthy Eating Behaviors

Blue Zones Study



1. Move Naturally – environment encourages moving
2. Purpose – have a purpose in life
3. Down Shift – routines to shed stress
4. 80% Rule – stop eating when 80% full
5. Plant Slant – eat meat rarely (5 times per month)
6. Wine @ 5 – drink 1-2 glasses of wine per day with friends and/or food
7. Belong – attend faith-based services
8. Loved Ones First – commit to life partner and children
9. Right Tribe – social network with other healthy people

Healthy Behaviors

- Eat breakfast daily
 - Within an hour of waking up
- Eat when you are hungry
 - Stop eating when you are content (not stuffed)
- Choose whole grain carbohydrates
 - (not avoiding, choosing well)
- Eat 3+ servings of vegetables daily
- Eat 2+ servings of fruit each day
- Choose a variety of colors each day
 - Blue/purple, red, green, yellow/white, orange fruits and vegetables

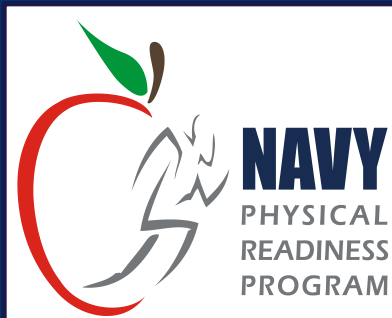


Healthy Behaviors (Cont.)



- Choose low fat or 1% dairy*
 - Aim for 2-3 cups a day
- Select low-fat and lean cuts of meat
 - Leaner veal/beef cuts, such as "loin" or "round"
 - Lean pork cuts, such as "loin" or "leg"
- Drink plenty of non-alcoholic, non-sugar sweetened beverages
 - Urine should be the color of straw

* Higher natural sources of fat appear to be OK when diet is low in highly processed foods



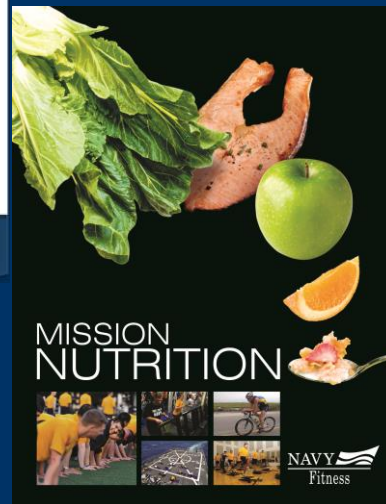
Nutrition Resources



2017

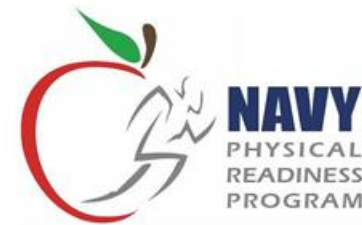
Guide 14

Nutrition Resource Guide



Nutrition Resource Guide

- A list of Navy, DoD and National guidelines, websites and programs designed to increase awareness of food/nutrition related resources



2017|


Guide 14

Nutrition Resource Guide

Registered Dietitian (RD)

- Available at MTFs – see Dietitian locator on Physical Readiness Program website
- Usually requires referral from PCM
- Provide medical nutrition therapy-personalized eating plan
- Weight loss or weight maintenance requires multiple follow ups

Navy and Marine Corps Public Health Center



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

About Us | Ask Us | Sign In

Health Providers and Professionals

Service Members, Families and Retirees

Deployment Health


Wounded, Ill and Injured

Health Promotion and Wellness


Diseases and Conditions

Marines

Navy and Marine Corps Public Health Center > Health Promotion and Wellness




August is Workplace Safety Month
[Click here to learn more](#)




Health Promotion and Wellness

Our mission is to provide innovative and evidence-based health promotion and wellness (HPW) programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery and promote lifelong healthy behaviors and lifestyles. Our vision is to be a world-class Center of Excellence empowering people to live healthier lives.


To learn more about our approach, read our [Strategic Plan](#) and [Product Catalog](#) >>




Healthy Eating




Active Living




Tobacco Free Living




Reproductive & Sexual Health




Psychological & Emotional Well-Being




Injury & Violence Free Living



Preventing Drug Abuse & Excessive Alcohol Use



Wounded, Ill & Injured



Navy Reserve

Ship Shape

- Intensive lifestyle group sessions
- 1 day per week for 1-1.5 hr x 6 weeks
- Healthy and permanent approach
- Highly recommended, especially for multiple failures
- Offered at all MTFs and clinics
- CFL referral letters on website
- Encourage CFL's and successful past attendees to become facilitators.

Navy Fitness Website



The screenshot shows the Navy Fitness Website interface. At the top left is the Commander Navy Installations Command logo. To its right is the text "FITNESS, SPORTS AND DEPLOYED FORCES SUPPORT". Further right are links for "CNIC HOME" and "CONTACT US", a search bar, and a "SEARCH" button. Below this is a navigation menu with tabs for "Home", "Fitness", "All-Navy Sports", "Deployed Forces Support", "Nutrition" (which is highlighted), "SHAPE", and "News". Under the "News" tab, a headline reads "Armed Forces Bowling Championship". The main content area is titled "Nutrition" and contains a paragraph about the benefits of good nutrition for exercise performance and health. To the right of the text is a vertical list of links: "NOFFS Fueling Series", "Self-Study Guide", "Mission Nutrition", "From Preconception to Teen", "Single Sailor Grocery List", "Galley Go Green Program", and "Healthy Recipes". At the bottom of the main content area are two images: one of a man looking at a sign that says "EAT SMARTER EXERCISE YOUR OPTIONS" and another of a woman looking at a sign that says "IT'S YOUR BODY EXERCISE YOUR OPTIONS".

COMMANDER NAVY INSTALLATIONS
COMMAND

▶ CNIC HOME | ▶ CONTACT US

SEARCH

**FITNESS, SPORTS AND
DEPLOYED FORCES SUPPORT**

Home Fitness All-Navy Sports Deployed Forces Support **Nutrition** SHAPE News

News Headlines: Armed Forces Bowling Championship

[Home](#) » Nutrition

Nutrition

No matter what your fitness goals are, good nutrition can help improve your exercise performance, decrease your recovery time from strenuous exercise, prevent injuries due to fatigue, and provide the fuel required during times of high-intensity training and weight control. Combining good nutrition with exercise also can help reduce the risk of numerous chronic diseases, such as diabetes, cardiovascular disease, hypertension, obesity, osteoporosis and some cancers. Learning how nutrition and exercise work together for optimal health is essential.

- NOFFS Fueling Series
- Self-Study Guide
- Mission Nutrition
- From Preconception to Teen
- Single Sailor Grocery List
- Galley Go Green Program
- Healthy Recipes

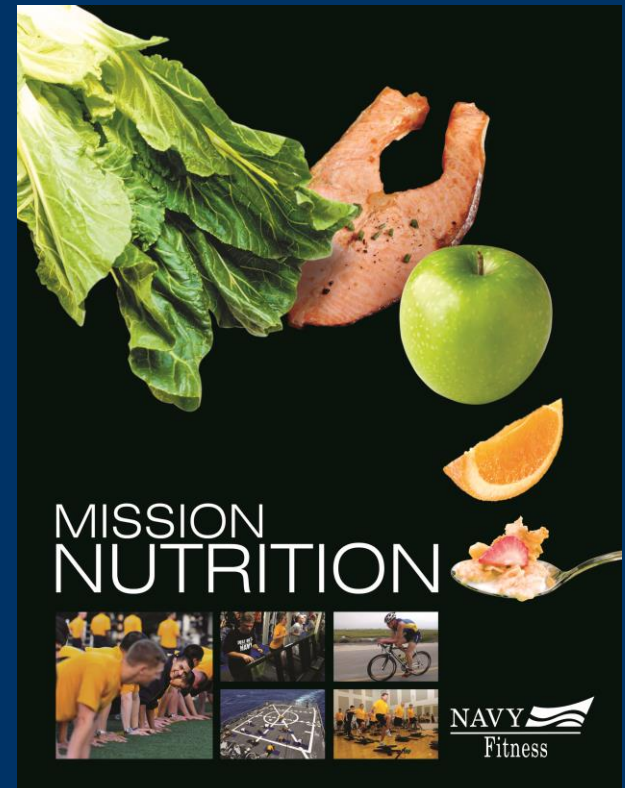
EAT SMARTER
EXERCISE YOUR OPTIONS

IT'S YOUR BODY
EXERCISE YOUR OPTIONS

www.navyfitness.org/fitness/noffs/interactive_mealbuilder/

Mission Nutrition Course

- Science-based nutrition education course
 - Offered by trained MWR fitness specialists
- Topics
 - Basic nutrition
 - Performance nutrition
 - Supplements
 - Fad diets
 - Much more
- Contact your local MWR

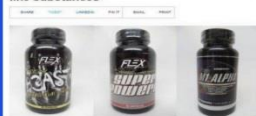


Operation Supplement Safety



OPERATION SUPPLEMENT SAFETY (OPSS) is a joint initiative between the Human Performance Resource Center and the DoD to educate service members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and how to choose supplements wisely.

FDA issues warning about body-building products labeled to contain steroid and steroid-like substances



WARNING: The U.S. Food and Drug Administration today posted warning letters to three Phoenix City, Arizona, manufacturers and their distributors for illegally marketing products labeled to contain steroid and steroid-like substances and marketed to increase muscle mass and strength.

Although the products that are the subject of these warning letters are marketed as dietary supplements, they are not dietary supplements. Instead, these products are undeclared drugs that FDA has not reviewed for safety and effectiveness.

FDA's warning letters immediately stop sales of the counter bodybuilding products labeled to promote to contain steroid and steroid-like substances due to the risk of serious liver injury and other adverse health consequences including kidney injury, increased risk of heart attack and stroke, and shrinkage of the testes and sperm counts.

The agency received more than seven years of adverse event reports and found 20 patients who suffered liver injuries, many requiring hospitalizations, that were associated with these types of products.

Consumers should avoid their health care professional if they are experiencing symptoms that have been associated with these products, particularly nausea, weakness or fatigue, fever, abdominal pain, chest pain, shortness of breath, jaundice, swelling of the arms or ankles, or blood in the urine or feces.

Health care professionals should be on alert for patients with the warning signs associated with the use of steroids or steroid-like substances including liver injury, kidney injury, stroke, and hormone-associated adverse effects including premature puberty and sleep apnea.

FDA encourages health care professionals and patients to report adverse events or quality problems experienced with the use of bodybuilding products to the Department of Health and Human Services' Safety Reporting Portal.

For more information, please see:
 • [FDA's Warning on Body Building Products](#)
 • [FDA's warning about bodybuilding products labeled to contain steroid and steroid-like substances](#) (FDA's website)





Military One Source Counseling



The screenshot shows the Military OneSource website interface. At the top, there is a navigation bar with the Military OneSource logo on the left, social media links (Facebook, Twitter) in the center, and filters for 'PHASES OF MILITARY LIFE', 'BRANCH OF SERVICE', and 'THOSE WHO SUPPORT' on the right, along with a 'LOG IN' button. Below the navigation bar is a search bar with the placeholder text 'What are you looking for?' and a magnifying glass icon. The main content area is divided into three columns. The left column contains contact information: '800-342-9647', 'Military Crisis Line', '800-273-TALK (8255)', 'DoD Safe Helpline', 'Sexual Assault Support', and '877-995-5247'. The middle column is titled 'Counseling Options' and lists 'Non-Medical Counseling' (Face-to-Face Counseling, Telephonic Counseling, Online Counseling) and 'Other Support Options' (Financial Counseling, Health and Wellness Coaching, SECO Counseling). The right column is titled 'Log in for counseling' and includes a 'LOG IN' button and a link to 'Check eligibility and register now'. A red arrow points to the 'Health and Wellness Coaching' link in the 'Other Support Options' section.

Follow Military OneSource: [f](#) [t](#)

PHASES OF MILITARY LIFE ▾ BRANCH OF SERVICE ▾ THOSE WHO SUPPORT ▾ LOG IN

Military OneSource

Call. Click. Connect.

What are you looking for? 

800-342-9647 Counseling Options ▾ Military Life Topics ▾ Monthly Focus ▾ Social Media Hub ▾

Contact a Military OneSource consultant now

800-342-9647

Military Crisis Line

800-273-TALK (8255)

DoD Safe Helpline
Sexual Assault Support

877-995-5247

Military OneSource offers [non-medical counseling](#) services online, via telephone or face-to-face. Eligible individuals may receive [non-medical counseling](#) addressing issues requiring short-term attention. [International Calling Options](#). Check eligibility.

Non-Medical Counseling

Face-to-Face Counseling
Telephonic Counseling
Online Counseling

Other Support Options

Financial Counseling
[Health and Wellness Coaching](#)
SECO Counseling

Log in for counseling

Log in to your Military OneSource account to access online counseling services.

LOG IN

Don't have a login yet?
[Check eligibility and register now](#)

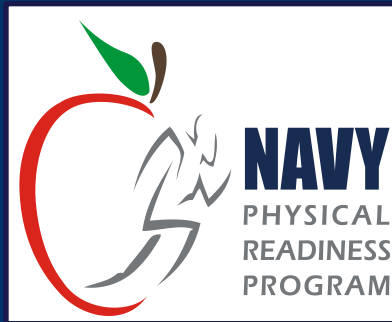
www.militaryonesource.mil

Summary

- Define the role of the CFL
- Provide overview of basic nutrition
- Discuss the benefits of a healthy diet
- Discuss the potential risks of an unhealthy diet
- Familiarize you with reputable nutrition resources

References

- Dietary Guidelines for Americans 2015.
www.dietaryguidelines.gov
- Healthy People 2020.
www.healthypeople.gov/2020/default.aspx
- www.ChooseMyPlate.gov. United States Department of Agriculture (USDA)



Questions?

