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 PRIMS
- 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

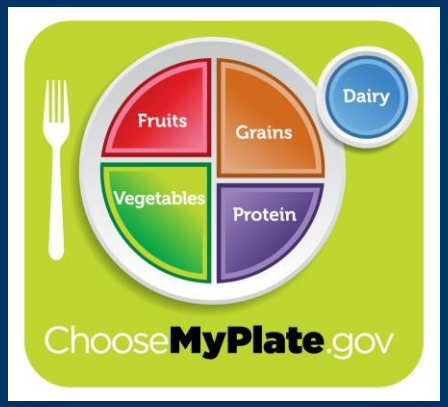
- Increased mental and physical energy
- Easier to manage weight
- Improved performance
- Improved immune system
- Reduced risk of short and long-term diseases

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)

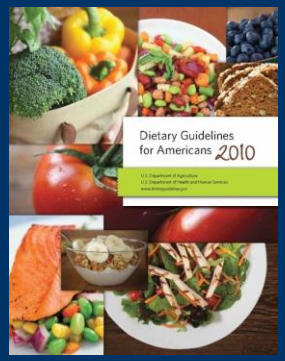
Nutrition Foundation

- ChooseMyPlate.gov



  - ½ fruits and vegetables
  - ¼ grain
  - ¼ protein

- Dietary Guidelines 2015
  - 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



Today

08/07/13

Physical Activity Target

Week of 08/04/13 to 08/10/13

Target	AT LEAST **150** minutes per week
Actual	**0** minutes

Daily Calorie Limit

Allowance	2000
Eaten	0
Remaining	2000

Daily Food Group Targets

More Info>

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

Sample Meal Plans

These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

Meal Plan A
(based on a 2000 Calorie Plan)

Breakfast
- 1 ounce(s) Grains
- ½ cup(s) Fruits
- ½ cup(s) Dairy

Morning Snack
- 1 ounce(s) Grains
- 1 cup(s) Fruits

Lunch
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Fruits
- 1 cup(s) Dairy
- 2½ ounce(s) Protein Foods

Afternoon Snack
- ½ cup(s) Vegetables
- ½ cup(s) Dairy

Dinner
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy
- 3 ounce(s) Protein Foods

Meal Plan B
(based on a 2000 Calorie Plan)

Breakfast
- 1 ounce(s) Grains
- 1 cup(s) Dairy
- 1½ ounce(s) Protein Foods

Morning Snack
- 1 cup(s) Fruits
- ½ cup(s) Dairy

Lunch
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Afternoon Snack
- 1 ounce(s) Grains
- ½ cup(s) Vegetables

Dinner
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 1 cup(s) Dairy
- 2 ounce(s) Protein Foods

Meal Plan C
(based on a 2000 Calorie Plan)

Breakfast
- 1 cup(s) Fruits
- 1 cup(s) Dairy

Morning Snack
- 1 ounce(s) Grains
- ½ cup(s) Dairy
- 1½ ounce(s) Protein Foods

Lunch
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy

Afternoon Snack
- 1 ounce(s) Grains
- ½ cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Dinner
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 2 ounce(s) Protein Foods

https://www.supertracker.usda.gov/samplemealplans.aspx

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**

- 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

Navy Nutrition

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, unhealthful 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

www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/navynutrition/

Audiences

Navy Personnel Command

Boards | Career Info | Officer | Enlisted | Support & Services | Organization | Reference Library

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

- CSADD
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- Suicide Prevention
- Total Sailor Fitness

CFL

Nutritional Fitness

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

One of your primary responsbilities in t
familitarity with programs and resourc
This is even more apparent when men
weight standards.

Nu

RESOURCES

- Human Performance Optimization
- NOFFS
- Public Health Command

Navy Personnel Command

Boards | Career Info | Officer | Enlisted | Support & Services | Organization | Reference Library

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

- CSADD
- DADT Post Repeal
- Diversity
- Equal Opportunity
- Life-Work Balance
- NADAP
- Navy Nutrition
  - Food Service
  - Policy
  - Nutrition Month
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Eaters

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

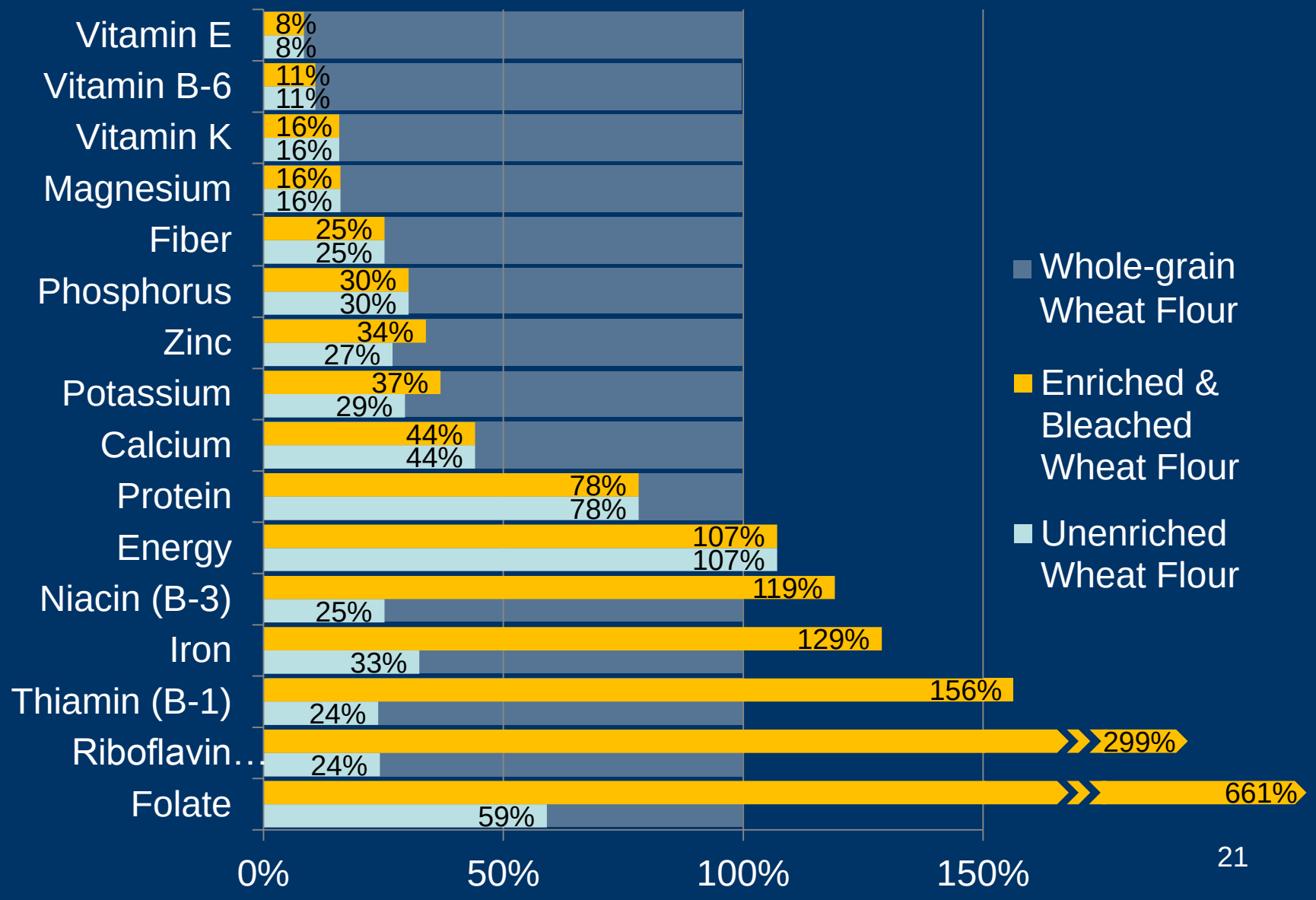
Carbohydrates

- 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 <u>NOT</u> 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, B_6, B_{12}, 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 ½ 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

www.bluezones.com/live-longer/power-9

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

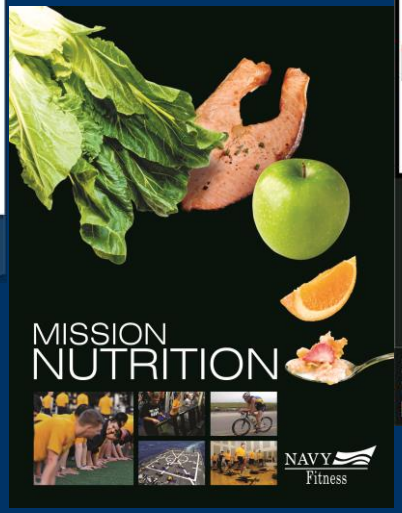
Nutrition Resources

NAVY PHYSICAL READINESS PROGRAM

2017

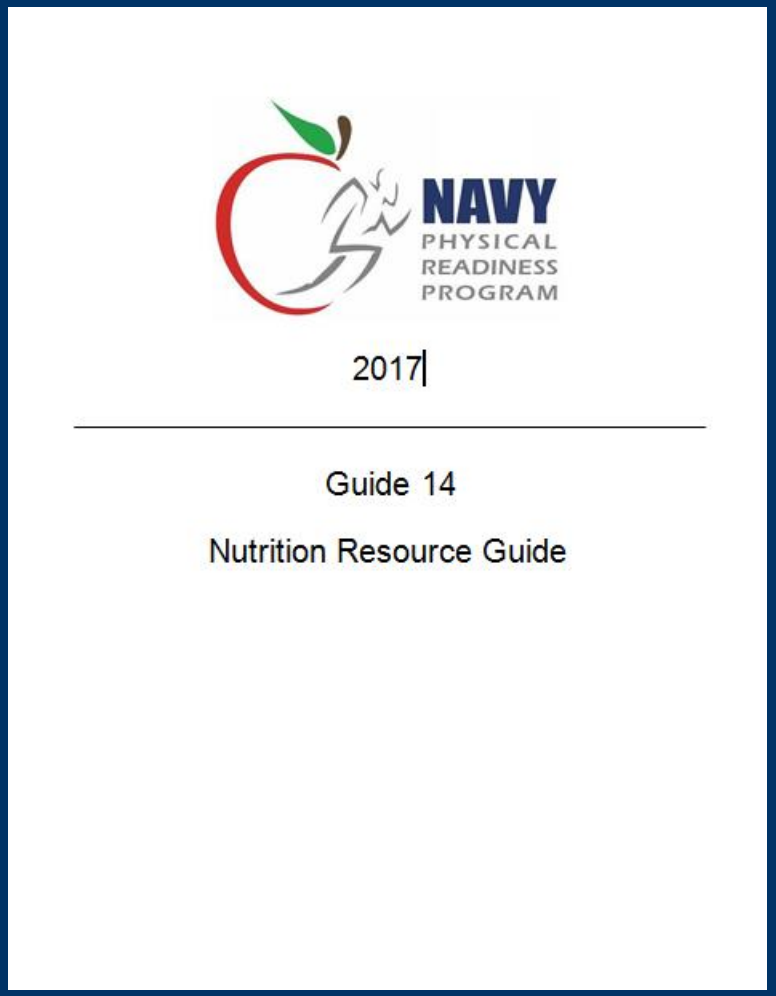
Guide 14

Nutrition Resource Guide



Nutrition Resource Guide

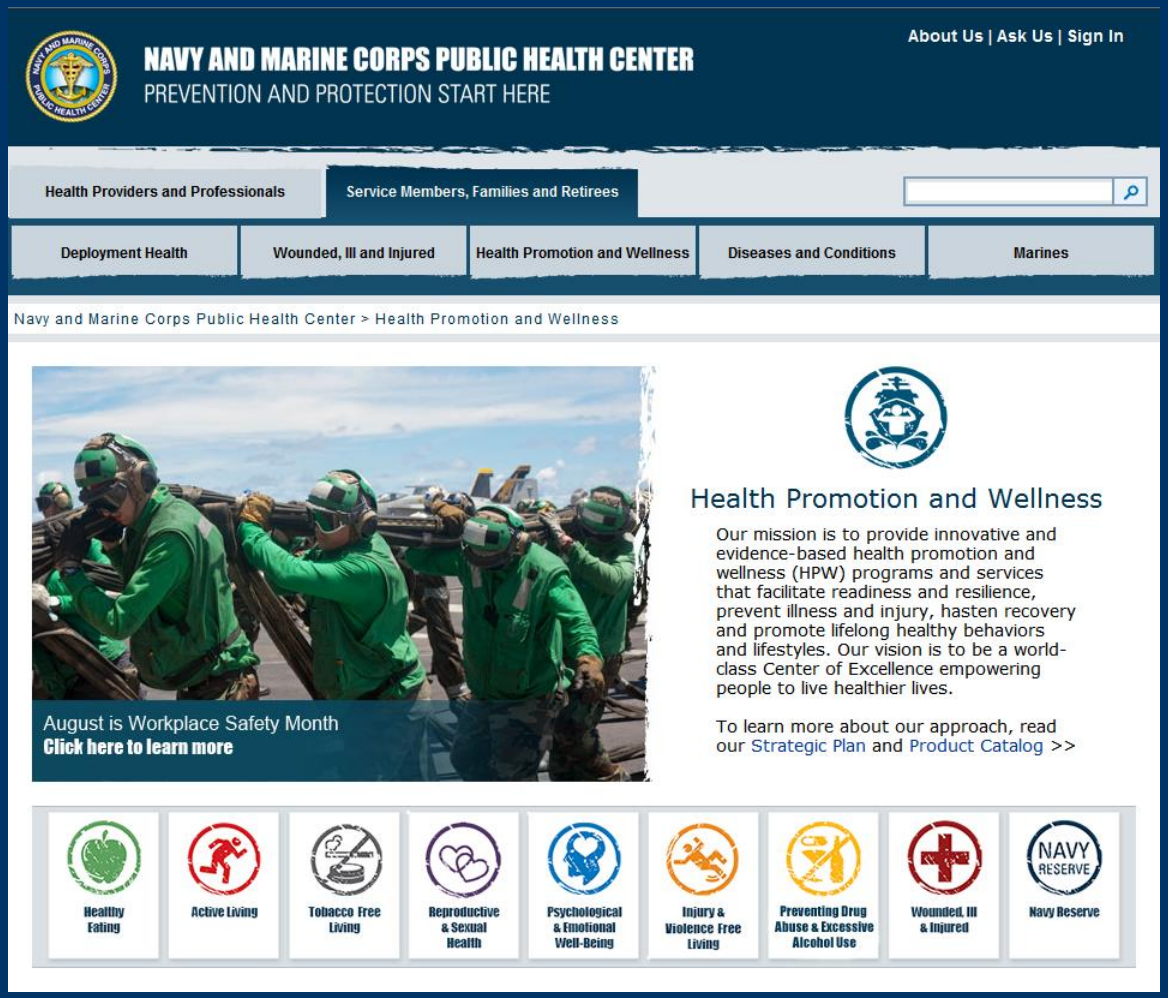
- A list of Navy, DoD and National guidelines, websites and programs designed to increase awareness of food/nutrition related resources



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



www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx

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.

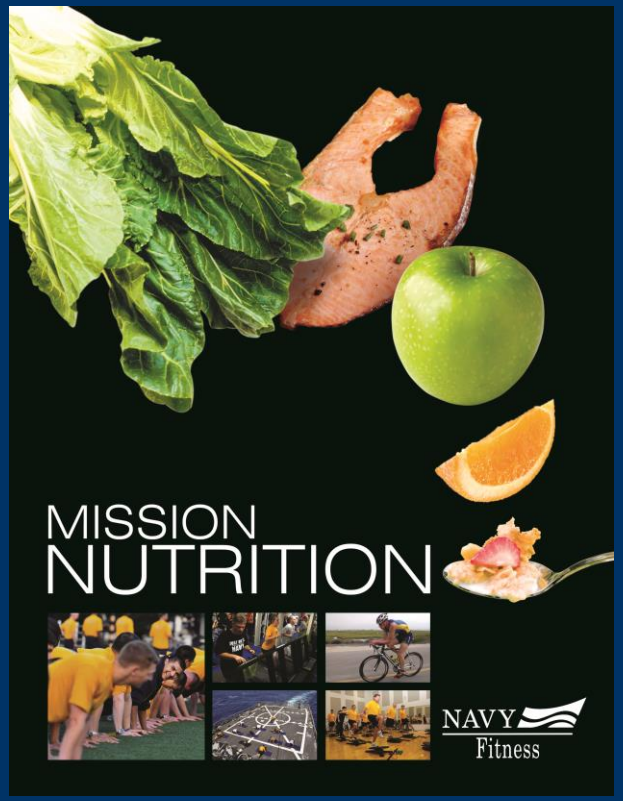
http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx

Navy Fitness Website

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

Mission Nutrition Course

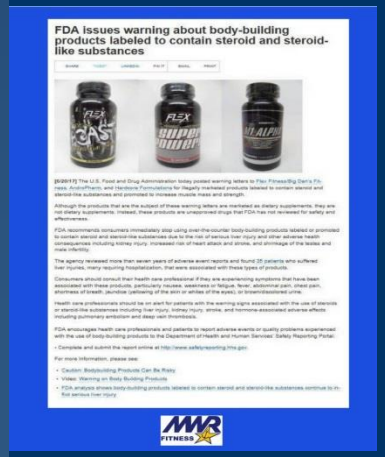
- Science-based nutrition education course
  - Offered by trained MWR fitness specialists
- Topics
  - Basic nutrition
  - Performance nutrition
  - Supplements
  - Fad diets
  - Much more
- Contact your local MWR

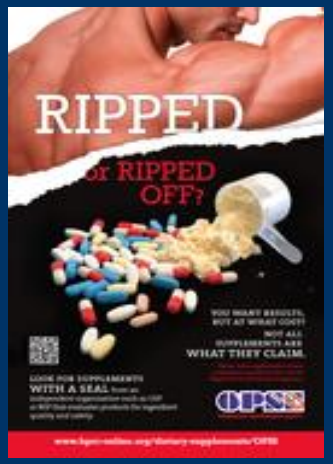


www.navyfitness.org/nutrition/mission_nutrition/

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.





www.opss.org

Military One Source Counseling

Follow Military OneSource:

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?