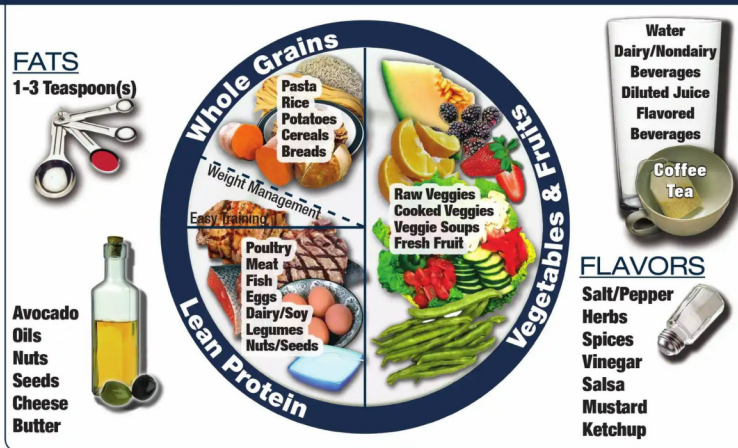


# Nutrition

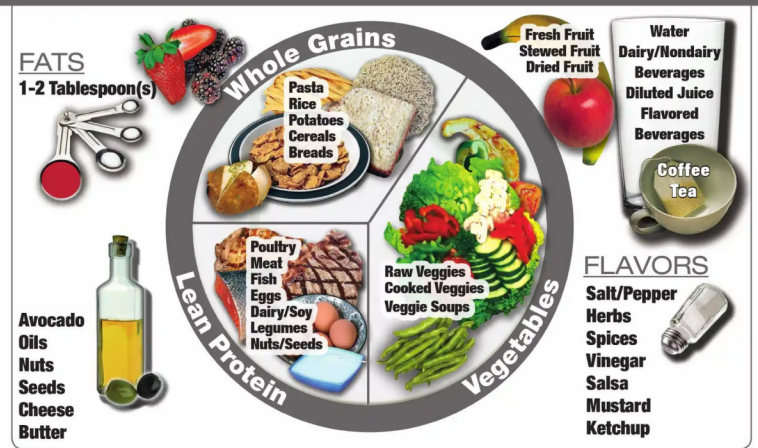
The plate method is a simple way to guide daily nutrition that fuels your body with adequate nutrients to perform and recover from activity. Consider utilizing one of the following plates as an example for your daily meals based on your training schedule.

- **Easy Training.** Easy, recovery focused workout. May also be appropriate if injured or attempting to improve body composition.
- **Moderate Training.** Standard 60-90 minute PT session including strength training and cardio. Typically a baseline plate that incorporates adequate carbohydrate to fuel for and recovery from daily activity.
- **Hard Training.** Two-a-day schedule or >90 minute endurance event such as a half-marathon or 14 mile ruck march. Greater focus on carbohydrates to prevent or minimize depletion of stored energy for longer endurance events.

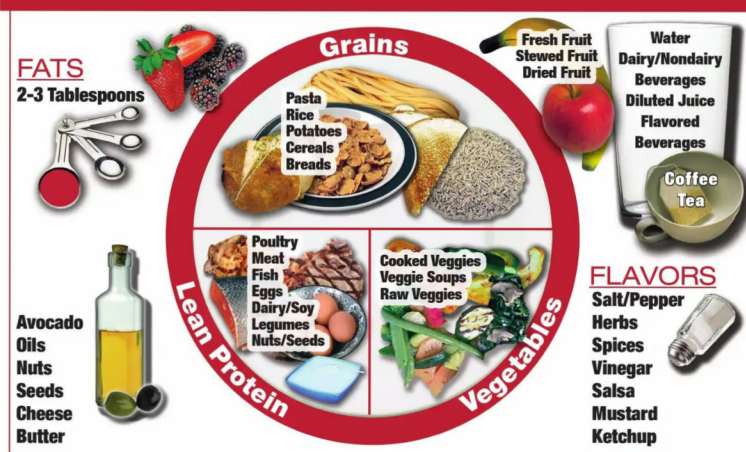
## EASY TRAINING / WEIGHT MANAGEMENT:



## MODERATE TRAINING:



## HARD TRAINING:



Performance  
Nutrition  
Resources



Weight  
Management  
Strategies



# Nutrition

Nutrition requirements are fluid and can vary greatly throughout a Soldier's life and career for many reasons. FM 7-22 defines a comprehensive performance nutrition program as one that address 3 categories of nutrition:

## **Proactive**

Proactive nutrition provides the foundation for baseline health and homeostasis (physiological equilibrium)—the *proactive prevention* of nutrition deficiency, chronic disease, and immune system compromise.

## **Active**

Active nutrition *fuels the arduous activities* and events Soldiers perform as part of their occupations and covers fueling before, during, and after these events. It comprises the largest portion of this section.

## **Reactive**

Reactive nutrition centers on specific dietary interventions to *treat illness, injury, or medical conditions* and spans hospitalization through rehabilitation to return to full duty.

### **Key components of a performance nutrition plan include:**

A variety of fruits and vegetables that provide necessary vitamins, minerals to help your body function and stay healthy.

Sources of grains, specifically fiber rich whole grains to give you necessary energy for activity.

Quality lean proteins, including a variety of animal and plant-based proteins aid in muscle recovery and support a healthy immune system.

Adequate hydration to mitigate losses through sweat during physical activity and prevent dehydration, especially in hot and humid environments.

# Nutrition

## Warfighter Nutrition Guide:

[www.hprc-online.org/nutrition/warfighter-nutrition-guide](http://www.hprc-online.org/nutrition/warfighter-nutrition-guide)

Provides strategies for performance nutrition intended to give leaders and soldiers “...nutritional strategies to optimize performance during operations and to preserve health.” Specifically, chapter 16 of the Warfighter Nutrition Guide entitled “Sustaining Health for the Long-term Warfighter” provides practical nutrition recommendations for soldiers later in their careers.

**Operation Supplement Safety: [www.opss.org](http://www.opss.org)**

This is the DoD’s dietary supplement program that provides guidance for the use of dietary supplements in the DoD (DoDI 6130.06), a prohibited dietary supplement ingredient list, articles on safety and effectiveness of dietary supplements, and an ask the expert portal.

**Go for Green (G4G): [www.hprc-online.org/nutrition/go-green](http://www.hprc-online.org/nutrition/go-green)**

A joint service performance nutrition focused program aimed at improving the food environment where Soldiers live and work. Provides guidance and resources for dining facilities to implement G4G and monitor compliance to the programs goals.

## Military Leader Food Security Toolkit

The USDA defines food security as “access by all people at all times to enough for for an active, healthy life.” In order for Soldiers to perform at their best, and achieve optimal health they must have consistent access to nutritious foods. Unfortunately, a 2021 RAND report revealed that **25.8% of active duty service members experienced food insecurity**, or lack of access to enough food, at some point in 2018. Scan the QR code below for resources including tips for assessing food insecurity and DoD and USDA programs that can assist your Soldiers in need.

