

FEP Nutrition

Nutrition plays an important role in performance, weight management, and disease prevention. Each member enrolled in FEP must select a nutrition option based on individual needs. Each option must include goal setting, long-term behavior modification and ongoing support. See the [Nutrition Resource Guide](#) for more detailed information on available resources.

Member Options: Choose one or more.

- (a) Shipshape: Complete the approved course requirements for this 8 week-lifestyle change course.
- (b) Registered Dietitian (RD): Meet with an RD and follow sessions as indicated by the provider. Medical Nutrition Therapy for weight management recommends one initial appointment and 3 follow-up visits at a minimum.
- (c) Self-directed: Create an individual plan including behavior change goals to improve dietary habits and body composition, as needed, by utilizing credible resources as noted in the Nutrition Resource Guide.
 - (1) Nutrition courses such as Mission Nutrition
 - (2) The Good Nutrition Reading List on Physical Readiness webpage
 - (3) Websites: Navy and Marine Corps Public Health Center links
 - (4) Education materials such as the Navy Operational Fueling Series
- (d) Other Commercialized Program: Participate in a national weight loss program/center that focuses on improving eating habits and incorporates a support component (at own expense).

BCA Progress

Adequate progress is 1-2 pounds per week or 1-2% body fat per month and should not exceed more than 5% of body weight in any week. Progress should be evaluated utilizing weight loss OR decreases in body fat composition as they may not occur at the same rate. Early decreases in body fat percentage may be minimal or delayed despite weight loss of 1-2 lbs per week due to individual variance in fat deposition. Males tend to lose at the higher rate of 1-2 pounds per week due to higher amounts of lean body mass. Females should anticipate ½ to 1 pound per week.

Individualized Plan

a. Each member requires an individualized plan. The member should play an active role in developing their plan for obtaining a healthier lifestyle, as well as meeting Navy fitness standards. A FEP plan provides at a minimum:

- (1) Exercise goals: What activities and strategies to meet goals weekly
- (2) Nutrition goals: What nutrition resources will be utilized and what are the strategies to make long term changes to eating habits?
- (3) Progress monitoring: