

Fuel for Performance



Choose Supplements Wisely



Resources

Supplements: Human Performance Resource Center:
www.Humanperformanceresourcecenter.org

Physical Readiness Website:
<http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx>

Navy Operational Fueling Series:
located at www.Navyfitness.org

Navy and Marine Corps Public Health Center:
<http://www.nmcphc.med.navy.mil/>

Questions?

Registered Dietitians are available for consult at every Military Treatment Facility
or
Email: NavyPRT@navy.mil



Total Nutrition Fitness



Get up to speed on what your body needs!



Nutrition Goals

GOAL

To provide evidence based information for Sailors to optimize their performance through informed choices about nutrition and dietary supplements.

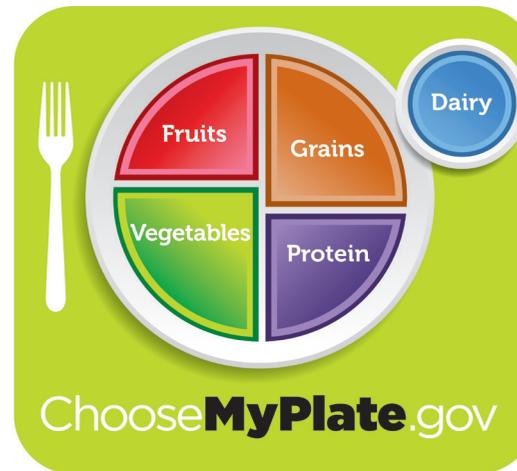
WHY

Nutrition plays an important role in our performance and the success of the Navy.

BENEFITS

Optimizing nutrition means optimizing performance and minimizing risk of injury and disease.

Basic Nutrition



- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables:
 - Try 3 colors per meal
- Switch to fat-free or 1% milk
- Make at least half your grains whole grains
- Compare sodium in foods like soup and frozen meals- choose foods with lower numbers
- Drink water instead of sugary drinks
- Limit caffeine intake
- Eat regular meals. Do not skip breakfast!
- Get sleep when available
- Manage your stress
- Be active daily

Convenient Performance Snacks

- Oatmeal in packets or cups
- High-fiber cold cereal
- High-fiber crackers
- Canned tuna or salmon
- Dried fruit
- Individual cups of peanut butter
- Edamame: soy beans
- Trail mix: choose in small portions
- Prepackaged low-fat yogurt
- Unsweetened applesauce
- String cheese
- Fresh fruit
- Snack bars: Look for high in fiber
- Whole wheat bread
- Pocket or pita bread:
- Lean Deli Meats
- Nuts: 1 oz is a portion
- Popcorn: look for 100 calorie packs
- Cubed or sliced cheese
- Hardboiled eggs
- Milk or soy milk

Ignorance is not bliss.

Make informed decisions about the food/ingredients you put in your body

