

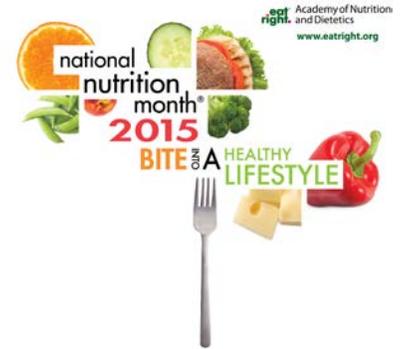


March Health Promotion Toolbox

Healthy Eating Month

Plan of the Week

Each week during “Healthy Eating” month, share one of the paragraphs below with your command so they can learn more about nutrition and how healthy eating can positively impact their lives. You can access additional information, tools and resources by clicking on the blue, underlined hyperlinked text.



Week 1

“Bite into a Healthy Lifestyle” by making informed food choices and developing healthy eating and physical activity habits. March is [National Nutrition Month](#)[®], an annual public education campaign created and sponsored by the Academy of Nutrition and Dietetics. This year’s theme is “Bite into a Healthy Lifestyle.” Throughout March, make healthier choices by adopting [eating](#) and [physical activity](#) habits that are focused on consuming fewer calories, making informed food choices, and exercising daily. These three actions will help you achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote your overall health so that you can continue to succeed in your military career.¹

Week 2

Start consuming fewer calories as part of a healthy eating habit. Use the [Daily Food Plan](#) to calculate the number of calories and the amount of each food group that you should consume every day. [Size up your usual servings](#) and start estimating your healthy serving portions. [Controlling your portion size](#) is a good way to consume fewer calories. You can still feel full while [consuming fewer calories](#) when you eat nutrient-rich foods. Fruits and vegetables have great nutritional value, can be satisfying and filling, and are low in calories.

Week 3

Learning how to make informed food choices will help you achieve a long-term healthy eating lifestyle. A healthy eating plan limits foods with added fats, sugars, and salt while emphasizing nutrient-rich foods and beverages, such as vegetables, fruits, whole grains, and fat-free or low-fat milk and milk products. It also encourages eating lean meats and poultry, seafood, eggs, beans and peas, and nuts and seeds for protein.² These power-packed foods contain the most vitamins and minerals, which provide you with quality energy for the least amount of calories. They also reduce your risk of developing heart disease, high blood pressure, diabetes, and several types of cancer, as well as help to maintain a healthy body weight.³ Find a [healthy eating plan for your lifestyle](#), and visit the [“Healthy Eating” Month toolbox](#) to learn healthy



eating tips like how to [power up with breakfast](#), why you should practice [mindful eating](#), and how to [avoid processed foods](#).

Week 4

Feel healthier with daily exercise and a nutritious diet. Paired with proper nutrition, exercise helps you maintain a healthy weight. If you don't work out regularly, it's not too late to start! Try brisk walking, swimming, or bicycling. Aim for 150-250 minutes of moderate intensity exercise every week to reduce chronic disease factors and prevent weight gain, or 250-300 minutes of moderate intensity exercise every week to lose weight and keep it off. Make sure to include a combination of activities to get the most out of your fitness routine. Incorporating small changes into your life each day will make a difference in the long run. Check out these [tips for increasing physical activity](#) to incrementally develop new habits. If you already live an active lifestyle, you may be looking for an additional challenge. Whether it is strength training, building endurance, or rehabilitating, [Navy Operational Fitness and Fueling System \(NOFFS\)](#) has programs you can use today.

References

¹ National Nutrition Month®. Academy of Nutrition and Dietetics. EatRight.org. <http://www.eatright.org/NNM/default.aspx>. Accessed December 2014.

² National Nutrition Month® Toolkit. Academy of Nutrition and Dietetics. EatRight.org. <http://www.eatright.org/nnm/toolkit/#>. Accessed January 2015.

³ Navy and Marine Corps Public Health Center. "Bite into a Healthy Lifestyle." <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/BiteintoHealthyLifestyle.pdf>. Published 2015. Access January 2015.