



Navy and Marine Corps Public Health Center "Quick Hits"



March 2012

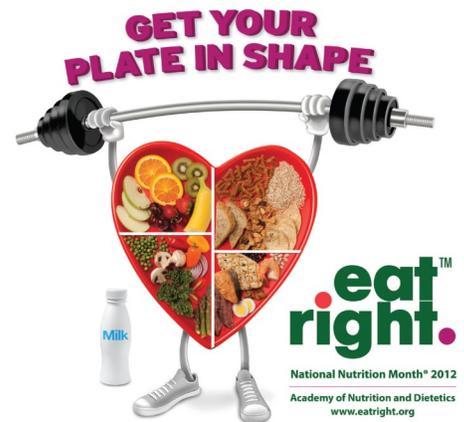
National Nutrition Month

Results from the [2008 DoD Survey of Health Behaviors Among Military Personnel](#) indicated that 62.7 percent of Navy military personnel are overweight and 14.3 percent are obese. The Navy is reporting the highest percentages in both categories when compared with the other branches of service and the entire DoD (60.2 percent and 12.6 percent respectively). Additionally, among all military personnel only 12.7 percent and 14.2 percent have reported eating at least three servings of fruits and vegetables daily, as compared with the nation's 2010 objective of 75 percent and 50 percent respectively.

Additionally, reports of military members frequently skipping breakfast, consuming too many calorie dense foods from fast food restaurants and vending machines, and relying on dietary supplements to beat hunger for the sake of losing a few pounds are all being reported as high risk eating behaviors.

To ensure optimal physical performance, fitness and health, Sailors and Marines must maintain a healthy body weight and proper body fat percentage.

Join our efforts to promote the National Nutrition Month® theme, "[Get Your Plate in Shape](#)," which encourages Americans to remember to make half their plates fruits and vegetables, make half their grains whole, switch to fat-free or low-fat milk, vary their protein choices, cut back on sodium and empty calories, enjoy their food but eat less and to be physically active every day.



National Nutrition Month— "[Get Your Plate in Shape](#)" Tips...

- ▶ Make half your plate fruits and vegetables.
- ▶ Make at least half your grains whole.
- ▶ Switch to fat-free or low-fat milk.
- ▶ Vary your protein choices.
- ▶ Enjoy your food but eat less.
- ▶ Be physically active your way.
- ▶ Cut back on sodium and empty calories from solid fats and added sugars.



POC and Links

- NMCPHC Homepage: <http://www.nmcphc.med.navy.mil/>
- NMCPHC Healthy Living: http://www.nmcphc.med.navy.mil/Healthy_Living/
- Nutrition Resources: http://www.nmcphc.med.navy.mil/Healthy_Living/Nutrition/general.aspx
- Academy of Nutrition and Dietetics: <http://www.eatright.org/>
- Questions about Nutrition: nutrition@nehc.mar.med.navy.mil