

A complete resource for healthy eating.



Let's start with some nutrition basics.

Just as the right kind of fuel is important for Navy jets, so is the right kind of fuel for the human body to support optimal performance. The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department understands the barriers to eating healthy. We have the educational resources and materials you need to help you select nutrient-dense, healthy food for optimal performance.

For more information, resources, and tools on healthy eating:

- Contact your local dietitian or health care provider.
- Visit www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx to learn more about:
 - ShipShape Program
 - Military Nutrition Environment Assessment Tool (m-NEAT)
 - Weight Management
 - General Nutrition
 - Healthy Eating Information
 - Dietary Supplements
 - Performance Nutrition
 - Navy Operational Fitness and Fueling System (NOFFS)
 - 21st Century Sailor and Marine Initiative

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION

For more information on your local resources, contact:

YOU EAT. WE'LL FUEL.



Healthy Eating Overview



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The importance of good nutrition.

Food is fuel for the body. To perform at your peak, you have to eat healthy and live a balanced lifestyle. It's important that you maintain a healthy body weight and body fat percentage, get the recommended amount of physical activity and exercise, and consume the recommended nutrients from food. When you and your family members eat nutrient-dense foods (100% whole grains, lean protein, fruits, vegetables, and fat-free or low-fat dairy products), you're on the right path to maintain your health and reduce your risk of developing heart disease, high blood pressure, high cholesterol, diabetes, osteoporosis, and several types of cancer, as well as maintain a healthy body weight.¹

What exactly is healthy eating?

As described in the Dietary Guidelines for Americans, eating healthy means²:

- ▶ Consuming a variety of nutritious foods and beverages, especially vegetables, fruits, fat-free or low-fat dairy products, and 100% whole grains.
- ▶ Limiting intake of saturated fats (butter, bacon, cheese), added sugars (soda), and sodium (processed foods).
- ▶ Keeping trans fat intake as low as possible.
- ▶ Balancing caloric intake with calories burned to manage body weight.

How can you eat healthier?¹

Processed and prepared foods, such as packaged, restaurant (both sit-down and fast food), and convenience foods often contain high amounts of calories, sodium, added sugars, and saturated and trans fat. Avoid or limit eating these foods throughout the week. Understanding the appropriate portion sizes can help you limit excessive calorie intake, particularly when eating high-calorie foods.

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You can eat healthier by:

- ▶ Avoiding oversized portions.
- ▶ Making half your plate fruits and vegetables.
- ▶ Making at least half of your grains 100% whole grains.
- ▶ Switching to fat-free or low-fat milk products.
- ▶ Choosing foods with less sodium.
- ▶ Not skipping meals, especially breakfast.
- ▶ Drinking water instead of soda or sugary drinks.

Want to lose weight?

Many people begin "fad" diets every year in order to lose weight. These diets often eliminate or severely reduce one or more of the essential food groups or recommend excessive amounts of other groups. Most fad diets achieve, at best, only a temporary weight loss.

Permanent and healthy weight management can be achieved by eating a "balanced" diet, which will also ensure peak performance. To help you lose weight, follow the healthy eating tips above while maintaining a daily calorie intake that will result in 1-2 pound weight loss per week.³ Your daily calorie intake should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats.² For example, 50 percent of a 2000 calorie diet would be 1000 calories from carbs or 250 grams of carbs, 20 percent proteins would be 400 calories from protein or 100 grams of protein, and 30 percent fats would be 600 calories from fat or 67 grams of fat. Start your day with breakfast and eat small meals or snacks every 3-4 hours to limit overeating. Before starting a weight loss program, be sure to contact your local dietitian or health care provider to help you safely lose weight.

¹ Chronic Disease Prevention and Health Promotion. Centers for Disease Control and Prevention (CDC). <http://www.cdc.gov/chronicdisease/resources/publications/aag/nutrition.htm>. Published May 2011. Accessed April 2015.

² Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Updated February 2014. Accessed March 2015.

³ Healthy Weight – It's not a diet, it's a lifestyle! Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/losing_weight/index.html?s_cid=govD_dnpao_082. Updated August 2011. Accessed March 2015.

