



Healthy Eating Month

Plan of the Week Notes

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

“Personalize Your Plate” by tailoring your favorite foods to meet your individual nutrient needs. The Academy of Nutrition and Dietetics recommend people adjust their eating habits to address the nutritional needs of their bodies during all stages of life. 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 [“Personalize Your Plate.”](#) Throughout March and beyond, make healthier choices by creating a variety of nutritious meals to meet your cultural and personal food preferences. This action will help you achieve and maintain a healthy weight, reduce the risk of chronic disease, and improve your overall health so that you can continue to succeed in your military career.

Week 2

Develop healthy eating habits by consuming proper portions and using healthy cooking techniques. Start simple with [MyPlate App](#) to calculate the number of calories and the amount of each food group that you should consume every day. Then [size up your usual servings](#) and start estimating your healthy serving portions. Remember, [fruits and vegetables](#) have great nutritional value, can be satisfying and filling, and are low in calories. To increase your vitamin and mineral intake, eat a variety of [colorful fruits and veggies](#) every day. Finally, add flavor to your food by [using spices](#) and [mastering different cooking methods](#). It can not only improve the taste of your food, but increase the nutritional quality as well.



Week 3

Learn how to practice mindful eating so you can achieve a long-term healthy eating lifestyle.

A healthy eating plan [limits foods](#) with added fats, sugar, and sodium 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.¹ These foods also reduce your risk of developing heart disease, high blood pressure, diabetes, and several types of cancer, as well as help you maintain a [healthy body weight](#).² Plan your meals before you go to the [grocery store](#), and choose foods that provide you with quality energy for the least amount of calories. Stay attentive to your [behavior while eating](#) and only eat when you are hungry.

Week 4

Include regular exercise in your daily routine to complement healthy eating for an active life.

Paired with proper nutrition, [exercise](#) helps you maintain a healthy lifestyle. 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. Prepare to eat right for [peak performance](#) before and after you exercise, and be informed on [supplement use](#). Check out these [healthy eating tips](#) for an active lifestyle 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.

Resources

¹ National Nutrition Month® Toolkit. Academy of Nutrition and Dietetics. EatRight.org. http://www.nationalnutritionmonth.org/nnm/toolkit/#.Vo72p_krLIU. Accessed January 2016.

² 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. Accessed January 2016.