



# Fueling the Force

Perform like a Champion



Train like a Pro



Special Fuel Required



Eat like an Athlete



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# Program Overview



## ☐ Partnerships

- Established to energize the menu to provide better nutrition for Soldiers and Cadre
- Linked to AMEDD, TRADOC Nutritionist, MACH Dietitian (attached to 30<sup>th</sup> AG), DOL, Food Services (L&S Contracting), and ARI

## ☐ Nutrition Training

- Instruct Soldiers and Cadre on proper nutrition
- Develop healthy lifestyles
- Promote healthy living on and off duty



## ☐ Physical Fitness

- Linked to Physical Readiness Training Initiative and the Army Physical Fitness unit
- Focuses on establishing unit and personal total fitness program to include nutrition, weight and cardiovascular training



# Program Characteristics



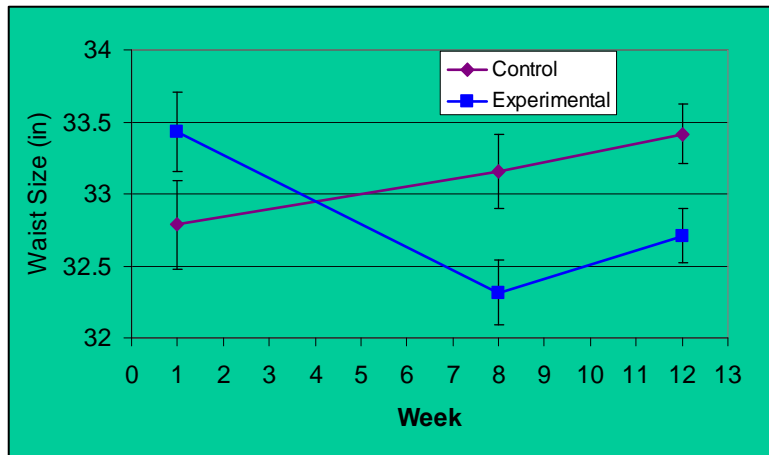
- ☐ Attached nutritionist from hospital
- ☐ Revamped dining facility menus
  - Replaced fried foods with baked or broil
  - Substituted low fat muffins and sponge cake for fatty cakes and pies
  - Substituted brown rice for white rice; eliminated other nutrient-stripped starches
  - Replaced white bread with wheat and served only whole grain high fiber cereal
  - Replaced sodas with sport drinks and calcium enriched juices
  - Substituted non-fat cooking spray for traditional cooking oil
  - Cut fruit for easier consumption by the soldiers
  - Added leafy vegetables into salads to increase iron content
  - Added evening granola bar with low fat milk & morning pre-PT bagel with juice
  - Implemented quick identifiable color-coded fueling system and strategic placement of important food items
- ☐ Instituted nutrition training for all Soldiers
- ☐ Improved unit readiness in muscular strength, disease reduction, and lifestyle habits



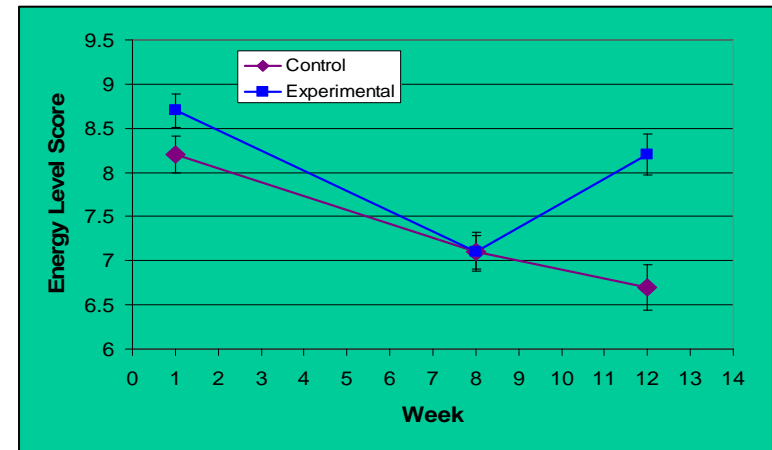
# Program Results



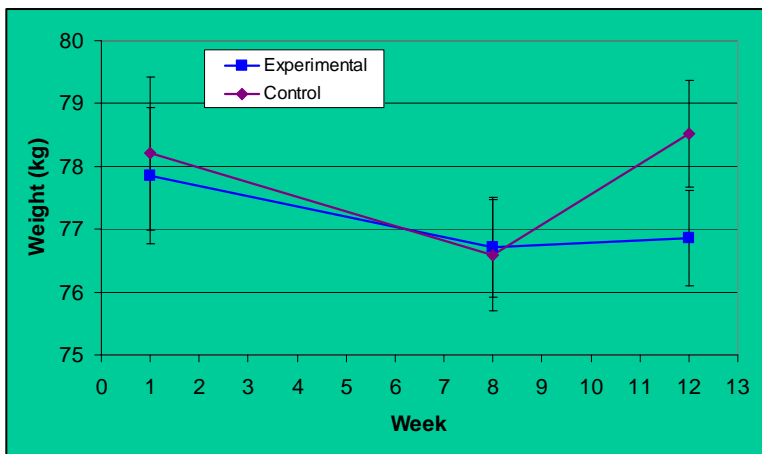
**Waist Circumference decreased**



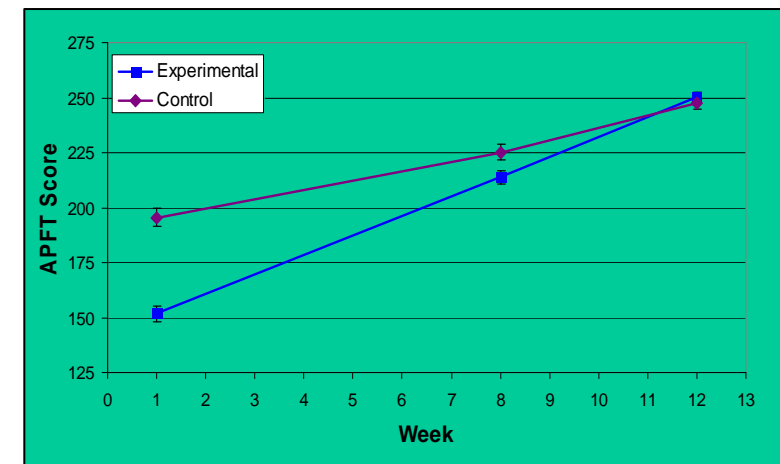
**Energy level increased**



**Weight decreased and stayed off**



**Increased APFT scores by 100 points**







# Way Ahead

*“Don’t just feed my Soldiers, FUEL them!”*



- ☐ Provide guidance to all units on proper nutrition techniques
- ☐ Get the nutritionists assigned to Brigade size training units
- ☐ Institute and sustain nutrition training
- ☐ Revamp dining facility menus
- ☐ Implement monitoring measures

Results: Improves unit readiness, muscular strength, disease reduction, and lifestyle habits...fit to fight!

