



FUEL FOR HEALTHY LIVING

- ➔ Focus on building a plate with whole grains, lean proteins, fruits, vegetables, and low-fat dairy.
- ➔ Eat a variety of brightly colored fruits and vegetables.
- ➔ Make water your first choice for hydration.

Performance TRIAD



Plan for Nutrition

**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, **ACTIVITY**, AND **NUTRITION** AT
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