



EAT WELL TO LIVE WELL

➔ Match your calories to your activity level. The more active your lifestyle the more calories you need from nutrient-rich foods.

➔ Focus on whole grains, lean proteins, fruits, vegetables, and low-fat dairy.

➔ Make water your first choice for hydration.

Performance TRIAD

🍏 Plan for Nutrition



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