

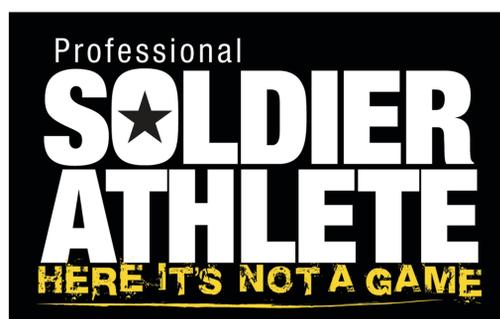


Performance TRIAD  
Plan for Nutrition  
Diet Rich in Nutrients



# EAT RIGHT AND GET RESULTS

with the Performance TRIAD



LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
**SLEEP**, **ACTIVITY**, AND **NUTRITION** AT [ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)