

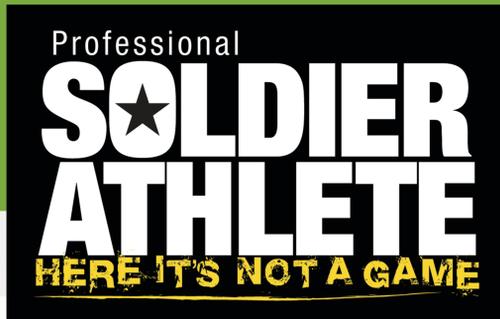


Performance TRIAD
Plan for Nutrition



FUEL FOR PERFORMANCE

- ➔ Proper nutrition can improve your physical and mental performance.
- ➔ Choose quality carbs, lean protein, and heart-healthy fats.
- ➔ Get vitamins and minerals through food first - don't rely on supplements.



EAT RIGHT AND GET RESULTS.

LEARN MORE ABOUT THE PERFORMANCE TRIAD:

SLEEP, ACTIVITY, AND NUTRITION AT ARMYMEDICINE.MIL