LOOKING AND FEELING GOOD STARTS FROM THE INSIDE OUT

- Select low-fat and fat-free dairy products.
- Make half your plate full of fruits and vegetables.
- Eat heart healthy fats like vegetable oil (olive or canola oil), nuts, seeds, and avocados.

Performance TRIAD
Plan for Nutrition

U.S.ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION AT HTTP://ARMYMEDICINE.MIL

ARMY FAMILY IS AN UNSTOPPABLE FORCE

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