



# 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*



**U.S. ARMY**

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

