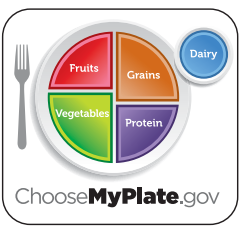
TA-216-1213
Approved for public release, distribution unlimited

Feel Good, Stay Healthy… Eat Smart: Nutrition Tips for the Army Family

A well-balanced and nutritious diet is part of the foundation of maintaining good health. Aim to improve your eating habits by making healthy food choices, controlling your portions, preparing meals ahead of time, and snacking smart.

The benefits of proper nutrition include:

- Maintaining a healthy weight
- Sustaining a higher level of energy throughout the day
- Stronger muscles



Portion Control. Your plate should be proportioned like MyPlate…Every Meal, Every Day! Portion sizes and snacks will vary based on your health needs and fitness goals. A healthy meal consists of fruits, vegetables, whole grains, and lean proteins.

Quick Tips.

- Make half your plate fruits and vegetables
- Eat less sugar and salt
- Aim for three nutritious meals a day & avoid skipping meals
- Eat breakfast every day. It provides the fuel you need to begin the day.

For more tips check out the USDA's 10 Tips Nutrition Education Series: http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html

Be Prepared. A little preparation goes a long way. Have healthy, quick and easy recipes on hand or pre-planned to avoid extra calories that usually come with eating out.

Snack Smart. The majority of healthy diets allow for 1 or 2 small snacks a day. Instead of buying a snack from a vending machine at work or when running errands, bring cut up vegetables or fruit from home. You will save money AND calories!

Check out www.choosemyplate.gov for ideas on recipes and snacking smart.

U.S.ARMY

Performance TRIAD

Learn more about the Performance TRIAD at
HTTP://ARMYMEDICINE.MIL