



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.

Performance TRIAD
Plan for Nutrition



U.S. ARMY

EAT RIGHT AND GET RESULTS.

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

Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME

