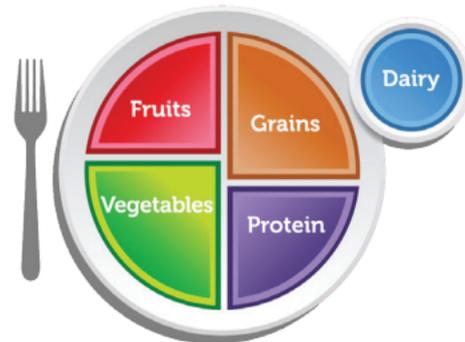


### Use MyPlate to make better food choices:

- Fill half your plate with fruits and vegetables. Strive for 8-10 servings daily of brightly colored fruits and vegetables. Choose fresh fruits and vegetables, canned or dried - limit fruit juices.
- Make half your grains whole-grain. Look for the word "whole" as the first ingredient. Whole-grain or whole-wheat bread, oatmeal, brown rice, whole-wheat pasta, bran cereal are good sources.
- Vary your protein foods with more fish (at least 2 servings weekly), beans, peas, soy, nuts, and seeds. Choose low-fat or lean meats and poultry.
- Choose fat-free or 1% low-fat dairy products for calcium and vitamin D. Aim for 3 servings daily.

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



### Smartphone App Resources:

- MyFitnessPal®
- Lose It!®
- Fooducate™
- SparkPeople®: Diet and Fitness Tracker
- Healthy Dining Finder®
- eaTipster
- MealBoard
- Cooking Plant™
- My Family Meal Planner Light

Use of trademarked name(s) does not imply endorsement by the U.S. Army, but is intended only to assist in identification of specific products.



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Learn more about the Performance TRIAD at [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



## Fuel for Healthy Living

Nutrition and Weight Management  
Tips for Pre-Retirees

Good nutrition will continue to play an important role in your life as you transition into retirement. A well-balanced and nutritious diet is essential for maintaining peak performance and healthy living.

### Maintaining healthy eating habits will help you:

- manage transition-related stress
- prevent unwanted post-retirement weight gain
- improve your performance and quality of life as you age
- reduce your risk of heart disease, cancer, osteoporosis, and other debilitating diseases
- protect your immune system

It's never too late to practice healthy eating. Aim to improve your eating habits by controlling your portions, choosing nutrient-dense foods, planning and preparing meals ahead of time, and snacking smart.

### Prevent weight gain after retirement:

New military retirees can easily gain weight if they are less physically active and have poor eating habits. Practicing healthy habits can help you maintain a healthy weight during retirement.

- ➔ Calibrate your calories. Modify your caloric intake so that it is proportionate to your activity level. The more active you are the more calories you need. If you are trying to lose weight, one way to control your caloric intake is to limit your portion sizes.
- ➔ Eat breakfast every day. Research finds that those who eat breakfast every day are less likely to gain weight over time.
- ➔ Eat three meals daily. Don't go more than 4-5 waking hours without refueling. Skipping meals or waiting too long between meals can lead to overeating.
- ➔ Maintain muscle mass. Muscle loss contributes to a slower metabolism which can lead to weight gain. Lift weights or include other forms of resistance exercise at least 2 days a week.

Sleep is critical for maintaining healthy weight. Even as people get older they still require 7-8 hours of quality sleep every day. Talk to your healthcare provider if you are having trouble sleeping (falling asleep or staying asleep) or if you are always feeling fatigued or tired.

- ➔ Keep track of your weight.
  - » Track weight changes with weekly weigh-ins.
  - » Monitor your waist circumference measurements.
  - » Frequently monitor changes in body size by trying on “marker clothes” like your Army Service Uniform.
  - » Keep a daily food and activity log.
  - » Set a 3-pound weight gain limit and adjust your caloric intake and activity level accordingly.
- ➔ Stay hydrated. Choose water over sugary, high-calorie beverages. If you drink alcohol, do so in moderation – alcoholic beverages contain calories with little nutritional value.

### Maintain oral health with good nutrition:

- ➔ Choose foods and snacks wisely to get the nutrients required to support oral health. Foods such as nuts, raw vegetables, plain yogurt, and sugar-free gums can limit the growth of bacteria that cause tooth decay.



### Visit your local Army Wellness Center!

Army Wellness Centers (AWCs) provide wellness services to Soldiers, adult Family Members, Retirees, and Department of the Army (DA) Civilians at NO COST:

- ➔ Sleep Education
- ➔ Weight Management and Metabolic Testing
- ➔ Exercise Testing and Exercise Prescription
- ➔ Stress Management Education and Biofeedback
- ➔ Nutrition Education
- ➔ Wellness Coaching
- ➔ Body Composition Analysis
- ➔ Health Assessments

To locate the AWC nearest you, visit <http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx>.

### Check out these additional resources:



- ➔ **The Operation Supplement Safety (OPSS) App** provides important information about dietary supplements and how to choose supplements wisely. The App is available via Google Play Store and iTunes. <http://hprc-online.org/dietary-supplements/opss>.



- ➔ **Army H.E.A.L.T.H.** is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at <http://armyhealth.pbrc.edu>.



- ➔ **SuperTracker** is a website developed by the U.S. Department of Agriculture (USDA) to create a custom nutrition and activity plan based on your goals. Visit <https://www.supertracker.usda.gov/default.aspx> and [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more about healthy eating.