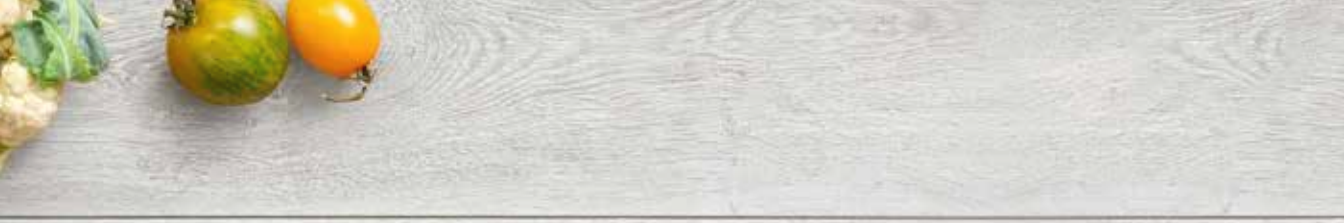
EAT RIGHT *to* STAY RIGHT

Five Nutritional Tips to Help You Meet
Your Fitness Goals and Stay Mission Ready



COVER LEFT: Combat medics from the 27th Infantry Brigade Combat Team, New York National Guard participated in a mass casualty exercise at the Yavoriv military base in Ukraine.

New York Army National Guard photo by SGT Alexander Rector

COVER MIDDLE: 1LT Michael Thomas, signal officer with 728th Combat Sustainment Support Battalion, 213th Regional Support Group, Pennsylvania Army National Guard, shows off his early morning motivation during the 213th Regional Support Group's group run at Fort Indiantown Gap, Pa. June 15, 2017.

Pennsylvania Army National Guard photo by CPT Gregory McElwain

COVER RIGHT: A Vermont National Guard Soldier with Charlie Troop, 1st Squadron, 172nd Cavalry Regiment, 86th Infantry Brigade Combat Team (Mountain) observes the objective at Fort Drum, N.Y., June 21, 2017.

Vermont Army National Guard photo by SPC Avery Cunningham

"Nutrition and the Military are Fundamentally Entwined"

It's a common misconception that a regular workout routine is all that is required to stay fit. The reality is that, in addition to exercise, proper nutrition plays a key role in maintaining total fitness.

Healthy dietary habits greatly increase your ability to perform at maximum potential. In fact, nutrition and the military are fundamentally entwined. Historical examples demonstrate that a failure to supply adequate nutrition to armies inevitably leads to disaster, according to the U.S. National Library of Medicine/National Institutes of Health. Proper food consumption, in terms of both quality and quantity, and adequate hydration are required to ensure the physical capacity and mental performance of military personnel remain at optimal levels.

Healthy eating habits do not need to be difficult or time consuming. Check out the pages of this insert for tips and recipes that can be easily incorporated into your daily routine.

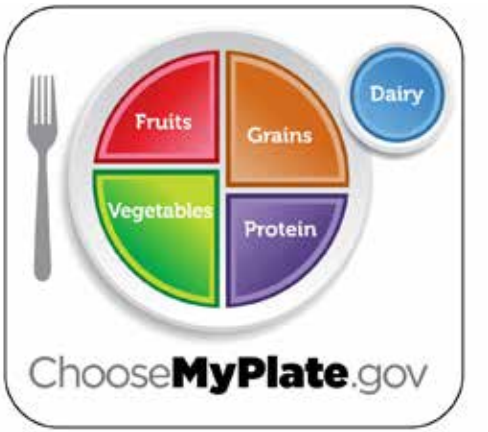
Soldiers from the 2nd Brigade Combat Team, 34th Infantry Division, Iowa Army National Guard eating MREs after a long day of drilling.

Iowa National Guard photo by SGT Christie Smith

TIP 1:

BUILD A HEALTHY PLATE EVERY MEAL

What you eat at every meal matters. **ChooseMyPlate.gov** recommends choosing from the five food groups each time you build your plate:



Fruits – Fresh whole fruit is best, but frozen, dried and canned work too

Veggies – Aim for plenty of color, particularly dark green, red and orange

Grains – Look for whole grains rather than enriched grains

Protein – Poultry, fish, beans and nuts are the healthiest options

Dairy – Pick low-fat or skim milk products

ROGER THAT

Meal prepping for the week curbs cravings that can cause you to derail your healthy diet.

TIP 2:

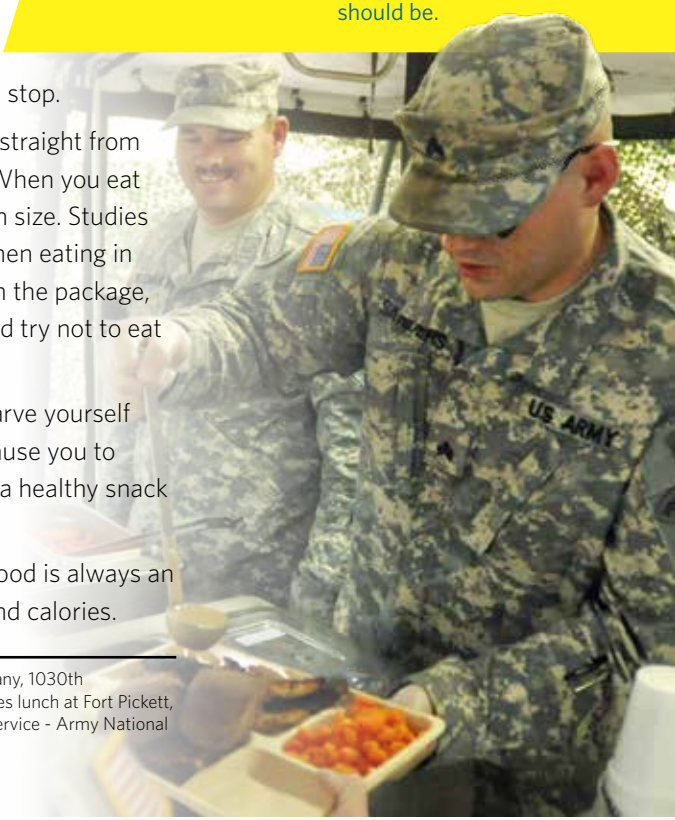
EXERCISE PORTION CONTROL

Portion sizes of less healthy foods and beverages have increased over time. The popularity of "super-sized" meals and the idea of getting "more" for your money contribute to the unnecessary consumption of extra calories. The Centers for Disease Control and Prevention highlight five common portion control pitfalls and how to avoid them:

- **Portion at the restaurant.** One entrée is often large enough for two meals. Share with a friend or ask for a to-go box when you order so you can set aside half the meal before you eat.
- **Portion at home.** Placing serving dishes on the dinner table tempts you to eat second or third helpings. Make your plate at the stove or kitchen counter, then stick to one plate and stop.
- **Practice Mindful Eating.** Ever mindlessly eat straight from the package while eating in front of the TV? When you eat while distracted, you lose sight of your portion size. Studies show that people eat 30–40 percent more when eating in front of the television. Rather than eating from the package, serve yourself one portion in a bowl or cup and try not to eat while watching TV.
- **Spoil your dinner.** If you feel hungry, don't starve yourself waiting on mealtime. Increased hunger will cause you to overeat when mealtime arrives. Instead, grab a healthy snack like an apple or handful of nuts.
- **Drive past the drive through.** Avoiding fast food is always an effective way to cut down your intake of fat and calories.

ROGER THAT

Read the nutrition fact label before you consume that bag of chips or canned drink so you know what your appropriate serving size should be.



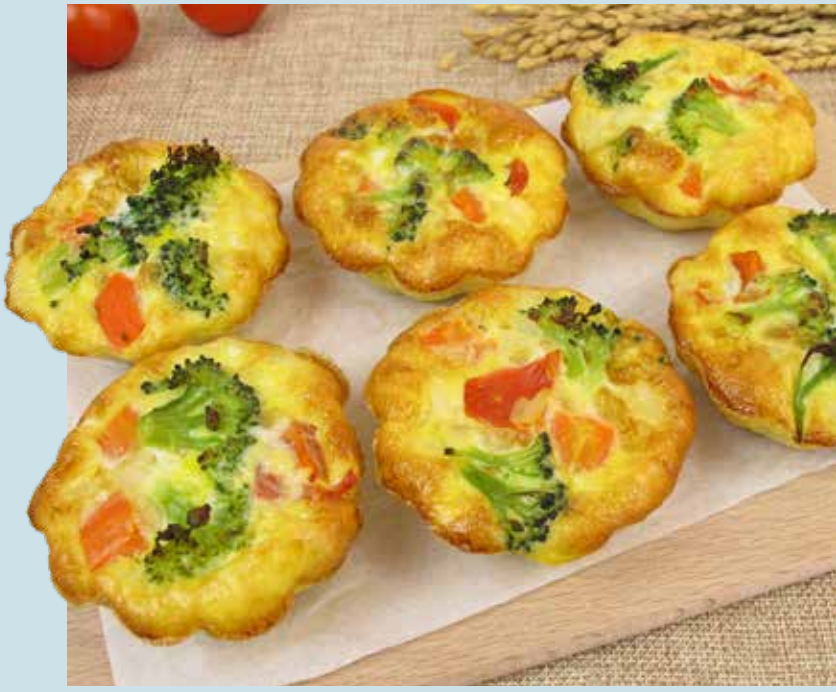
Virginia National Guard Soldiers from the 1032nd Transportation Company, 1030th Transportation Battalion, 329th Regional Support Group serve themselves lunch at Fort Pickett, Va., during the Philip A. Connelly Awards for Excellence in Army Food Service - Army National Guard Field Kitchen Category.

Virginia Army National Guard photo by SSG Andrew H. Owen

RECIPE:

EGG MUFFINS TO GO

Courtesy GuardYourHealth.com



Prep Time: 10 minutes

Cook Time: 20-25 minutes

Serves: 6

INGREDIENTS:

- 6 eggs
- 1 tablespoon milk
- 1/2 cup grated cheddar cheese
- 1/2 cup broccoli florets, cooked and chopped
- Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 350°F.
2. Steam or boil broccoli to desired tenderness and chop.
3. Whisk together eggs and milk. Season egg mixture with salt and pepper, and stir in cheddar cheese.
4. Spray muffin tins with cooking spray.
5. Layer about a tablespoon of chopped broccoli into each muffin cup. Pour in egg mixture until each muffin cup is about 3/4 full and top with remaining grated cheese.
6. Bake for 20-25 minutes.

Mix it up by adding other veggies such as diced bell peppers, diced onion, raw spinach, or chopped mushrooms. Add cooked and crumbled turkey bacon or cubed lean ham for more protein.

Nutrition info (per muffin): Calories: 88, Fat: 4g, Sodium: 66mg, Carbs: 1g, Sugar: 1g, Protein: 7g.

TIP 3:

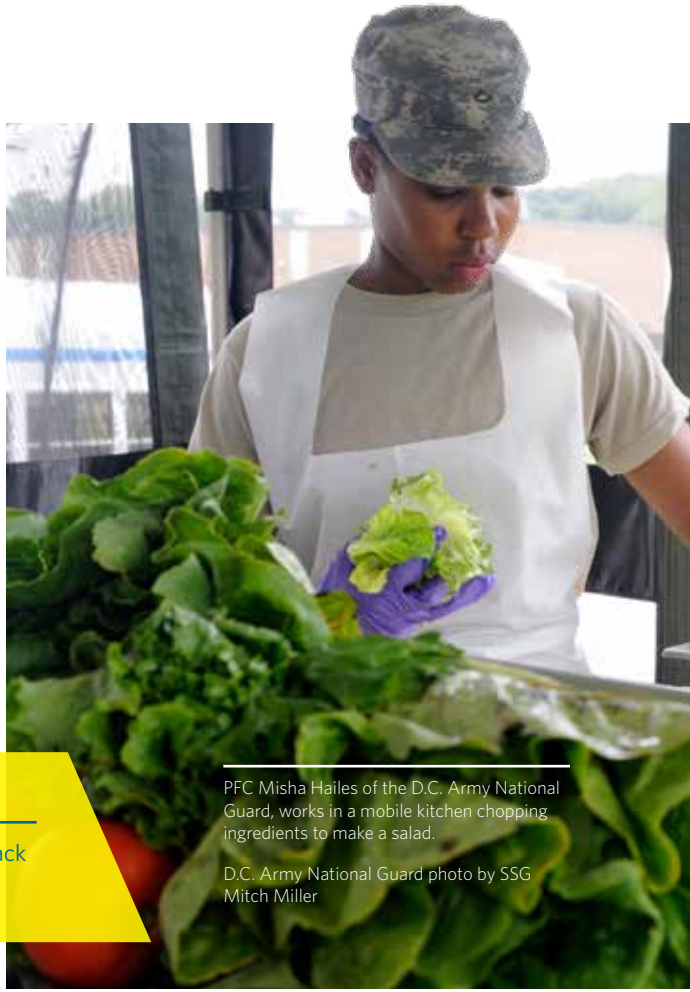
EAT FRUITS AND VEGETABLES EVERY DAY

Filling up on fruits and veggies every day will help you stay fit, reduce your risk of developing disease, and keep your digestive system running smoothly. Fruits and vegetables are also an excellent source of vitamins.

Eat a diet rich in raw or steamed vegetables, green leafy romaine and fruits with skin. Avoid fried vegetables and fruits canned in syrup.

So how can you sneak more into your daily diet?

- **Chop and drop—**chop up veggies you have at home and drop them into a casserole, soup, or pasta dish
- **Swap—**substitute a lettuce leaf in place of bun or tortilla
- **Texture—**make raw veggies tastier by steaming, sautéing or roasting them
- **Blend—**create your own smoothie with a mix of fruits and veggies
- **Pile on—**top yogurt, cereal or salads with fruit



PFC Misha Hailes of the D.C. Army National Guard, works in a mobile kitchen chopping ingredients to make a salad.

D.C. Army National Guard photo by SSG Mitch Miller

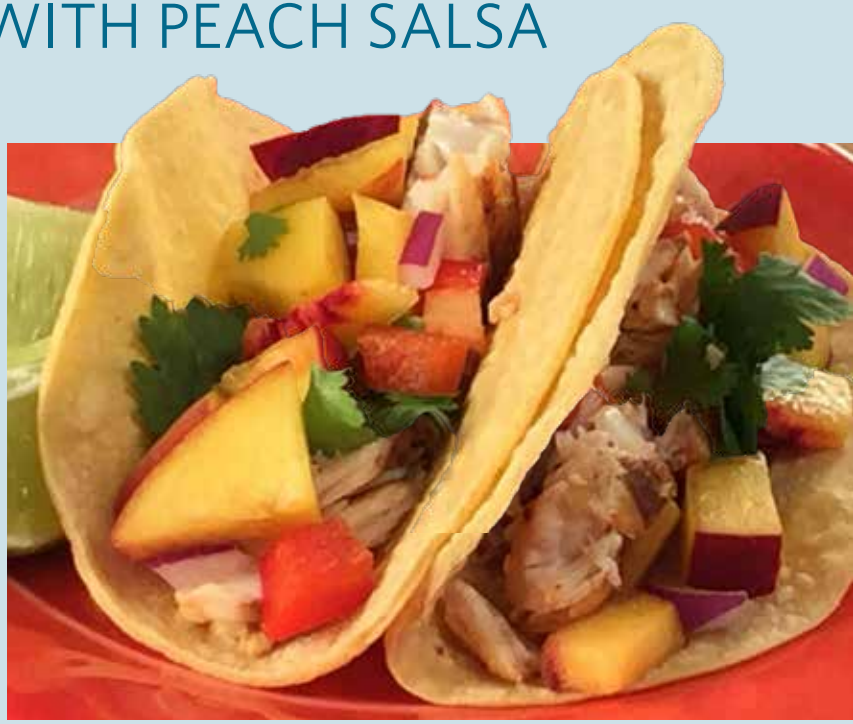
ROGER THAT

Buy fruits and veggies in bulk and then divide and repack in small bags or containers for on-the-go snacking.

RECIPE:

FISH TACOS WITH PEACH SALSA

Courtesy GuardYourHealth.com



Prep time: 20 minutes

Cook time: 10 minutes

Serves: 4 (2 tacos per serving)

INGREDIENTS:

For the salsa:

- 1 large peach, chopped into chunks
- 1/2 red bell pepper, finely chopped
- 1/4 small red onion, finely chopped
- 1 jalapeno pepper, seeded and finely chopped
- Fresh cilantro, finely chopped
- 1 lime, halved

For the fish:

- Olive oil cooking spray
- 4 tilapia fillets
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon chili powder
- 8 small corn tortillas

Nutrition info (per serving): Calories: 245, Fat: 4g, Sodium: 295mg, Carbs: 29g, Sugars: 6g, Protein: 26g.

DIRECTIONS:

1. In a medium bowl, stir together peaches, bell pepper, onion, jalapeno and cilantro. Squeeze one lime half over salsa mixture. Cover and place in fridge until time to eat.
2. Pat fish dry with paper towels.
3. In small bowl, mix salt, pepper and chili powder.
4. Rub fish with spice mixture, coating completely.
5. Heat skillet over medium heat and spray with olive oil cooking spray.
6. Place fish in skillet. Let it cook for 3-4 minutes on one side, then flip and cook for 3-4 minutes on the other side. Fish should flake easily with a fork when done.
7. With a fork, cut fish fillets into bite-size chunks.
8. Portion out fish and salsa into each tortilla.

Mix it up by adding other veggies such as diced bell peppers, diced onion, raw spinach or chopped mushrooms. Add cooked and crumbled turkey bacon or cubed lean ham for more protein.

TIP 4:

BALANCE PROTEIN WITH CARBS AND GOOD FATS

The National Academy of Medicine suggests balancing your daily diet with a mix of protein, carbohydrates (fiber and sugar) and unsaturated fats. Eat high-protein, low-fat items such as: fish, beans, whole wheat pasta, egg whites, skim or 1 percent milk, and low-fat yogurt. Avoid items such as: fried foods, high fat meats, egg yolks and whole milk.

- Try to choose non-trans fat bread spreads and heart-healthy margarine.
- Cook with olive oil or sunflower oil, omit or use less lard and meat fat.
- Limit or omit creamy salad dressings high in fat content as well as cookies, cakes, pies and pastry goods.

Use the following guide to balance your consumption of proteins, carbs and good fats:

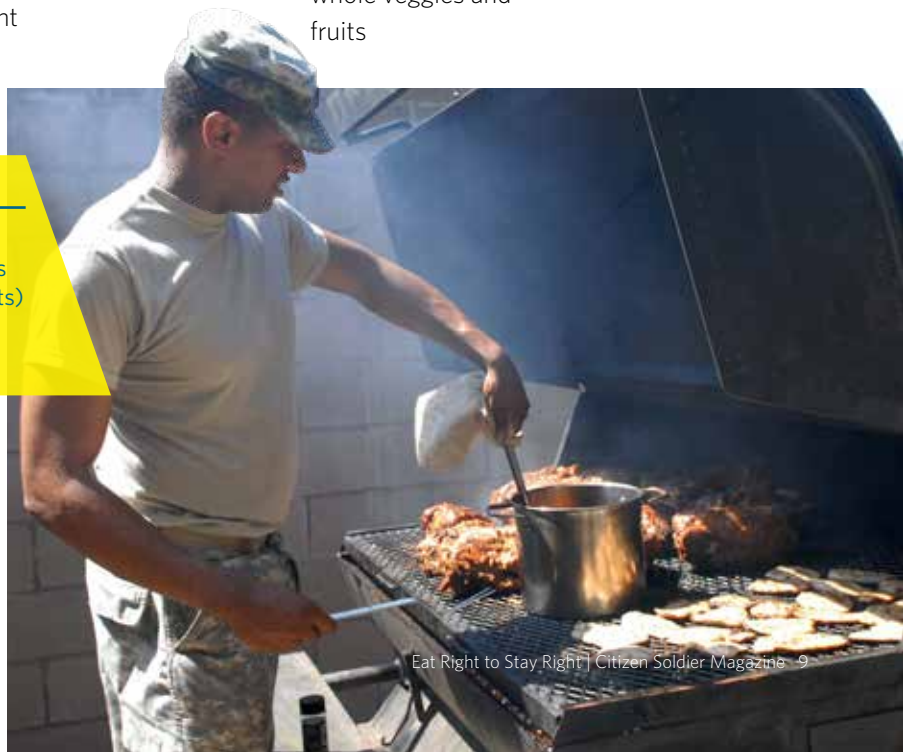
30% protein:
chicken, fish, milk, cheese, eggs, nuts, beans

40% carbs:
whole grains, brown rice, whole wheat pasta, oatmeal, whole veggies and fruits

30% good fats:
fish, nuts, avocados, eggs, yogurt

ROGER THAT

To improve mood and boost energy levels, choose superfoods (rich in antioxidants and nutrients) such as berries, avocados, tomatoes, spinach and oats.



SFC Christopher McCord, North Carolina Nationa Guard grills pork and chicken breast at the Rudisill National Guard Armory in Charlotte, N.C.

North Carolina National Guard photo by SGT Ruth McClary

TIP 5:

STAY HYDRATED

Drinking plenty of water is critical for a healthy body and clear mind. Water keeps your muscles primed, blood flowing and your brain functioning. The USDA recommended daily water intake varies dependent on age, sex and health status. The recommendation is higher for those who live in hot, humid climates and for those who engage in prolonged exercise.

The average daily water intake recommendation is:

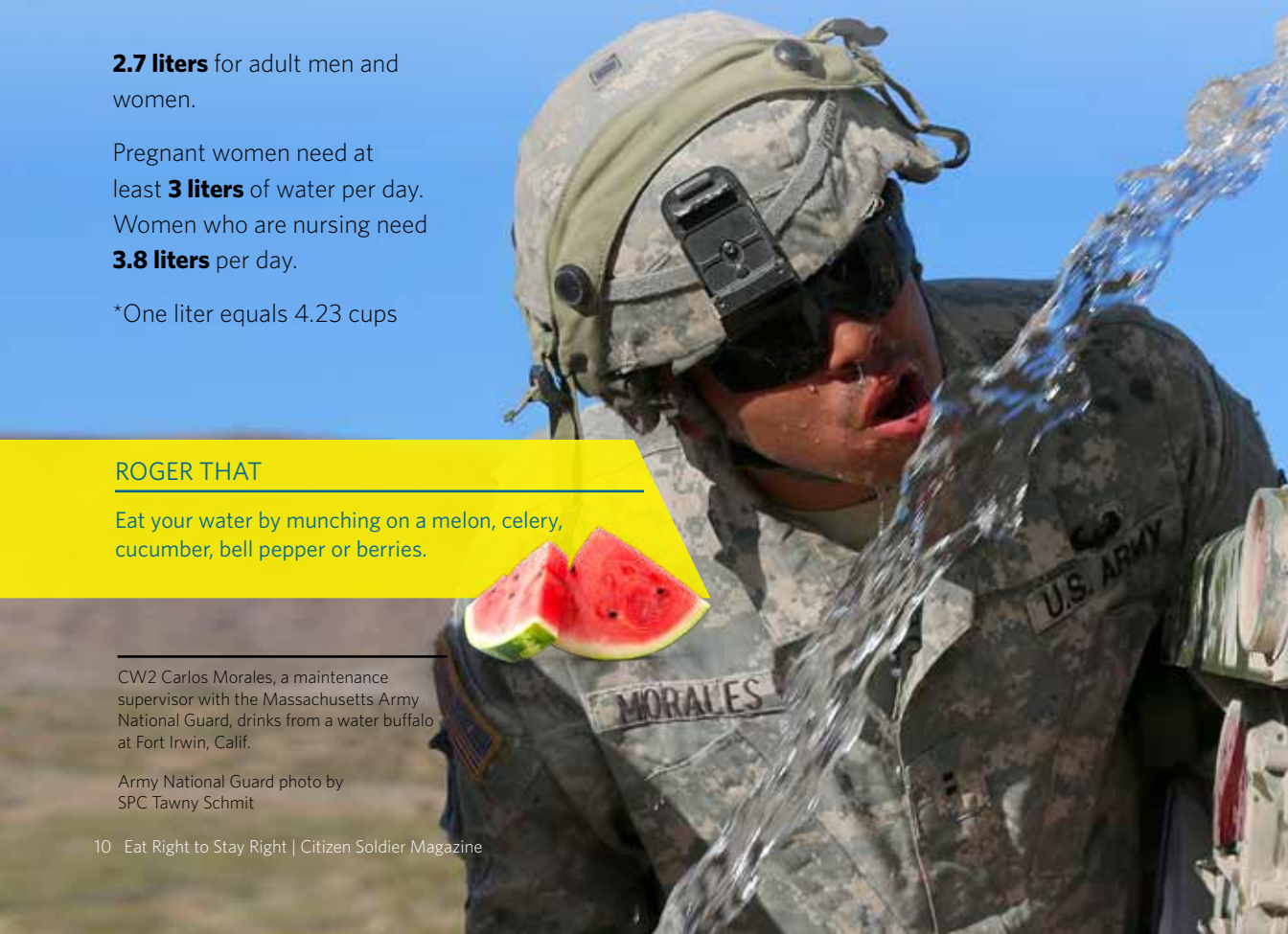
2.7 liters for adult men and women.

Pregnant women need at least **3 liters** of water per day. Women who are nursing need **3.8 liters** per day.

*One liter equals 4.23 cups

ROGER THAT

Eat your water by munching on a melon, celery, cucumber, bell pepper or berries.



CW2 Carlos Morales, a maintenance supervisor with the Massachusetts Army National Guard, drinks from a water buffalo at Fort Irwin, Calif.

Army National Guard photo by SPC Tawny Schmit

RECIPE:

ONE-POT PASTA

Courtesy GuardYourHealth.com

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 4

INGREDIENTS:

- Olive oil
- 1/2 medium onion, chopped
- 1/2 teaspoon minced garlic
- 1 package of cherry tomatoes
- 1/2 yellow squash, thinly sliced
- 1 1/2 cups water
- 1/4 teaspoon oregano
- 8 ounces whole wheat penne, spaghetti, or other favorite pasta
- 1/8 teaspoon salt
- 3/4 cup fresh spinach leaves
- 1/4 cup Parmesan cheese, grated

Nutrition info (per serving): Calories: 255, Fat: 4g, Sodium: 240mg, Carbs: 47g, Sugars: 4g, Protein: 11g.

DIRECTIONS:

1. Heat large saucepan over medium-high heat and add oil.
2. Add onion and garlic to pan and sauté 3 minutes.
3. Add tomatoes, squash, water, and oregano. Bring to a boil.
4. Add pasta and stir to submerge noodles in liquid.
5. Cover, reduce heat to medium-low, and cook until pasta is done (7-9 minutes, depending on pasta type).
6. Uncover and stir in salt.
7. Add spinach, stirring until spinach wilts.
8. Remove from heat and let stand 5 minutes.
9. Sprinkle with cheese.

Add fresh chicken or turkey for a heartier dish.

Find tips and resources for nutrition, activity and sleep with the official U.S. Army

PERFORMANCE TRIAD APP

You can build and sustain personal strength, endurance and mental agility by improving your nutrition, activity and sleep habits. Your daily routine in these three basic areas can increase or decrease your physical and mental performance.

Learn how to train like elite athletes. Begin your journey to optimal health with the strategies on the Performance Triad app and at **P3.Amedd.army.mil**

The Performance Triad app is available through iTunes and Google Play

GET IT ON Google Play

https://play.google.com/store/apps/details?id=mil.army.triad

Download on the App Store

https://itunes.apple.com/us/app/performance-triad/id894719291?mt=8

CITIZEN-SOLDIER magazine.com

A Resource for the Soldiers and Families of the Army National Guard