

2018

Guide 14

Nutrition Resource Guide

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FORWARD

Acknowledgment

Authority to request this information is derived from the most current OPNAVINST 6110.1. Purpose is to provide awareness, establish an individuals intent to change, and document nutrition resource utilization for program analysis.

1. This Nutrition Resource Guide has been prepared for your information and understanding of the nutrition guidelines, resources, and best-practices for improving physical performance and/or body composition. Please read it carefully. Upon completion of your review of this guide, complete the NAVPERS 1070/613 Administrative Remarks available online at: <http://www.public.navy.mil/bupers-npc/reference/forms/NAVPERS/Pages/default.aspx> with the below sample page 13 entry and provide print out to the command CFL NLT 5 working days after notification of PFA failure.

Sample Page 13 Entry:

I, _____, have read the current copy of the Navy Nutrition Resource Guide which outlines the resources, best practices and expectations of the nutrition component of FEP, as well as my responsibilities as a Navy Service member.

I have familiarized myself with the contents of this guide. By my signature below, I acknowledge, understand, accept and agree to comply with the information contained in the guide. I understand that it is my responsibility to take actions and seek out resources to improve my eating choices as necessary to assist in meeting readiness requirements.

I have selected the following nutrition option as outlined in the FEP guide:

____ ShipShape Weight Management Course

____ Registered Dietitian visits

____ Commercial weight loss program/center

____ Nutrition Self-Study via Official Navy PFA Smartphone App

2. Signed copy to be maintained for 5 years with command PFA records.

Member Signature

CFL Signature

Printed Name

Date Received/Date

PREFACE

To Service members: The Nutrition Resource Guide was developed to provide a compiled list and location of available nutrition resources to Navy members and their families. Refer to the following resources to assist in improving your personal nutrition.

To Fitness Enhancement Program Participants (FEP). This guide is provided to increase your awareness of available nutritional resources to assist with increasing performance and/or achieving a healthy body weight.

To Command Fitness Leaders. This guide is to be used with your Command FEP. Distribution of the Nutrition Resource Guide is mandatory for all FEP participants. The Nutrition Resource Guide may be downloaded into a PDF version on your mobile device. Ensure you and your Assistant Command Fitness Leaders (ACFLs) are aware of these resources as well as other local resources. While you are not trained to provide individual diets or nutrition counseling, knowing how to align resources with a person's needs will greatly assist with the nutrition component of fitness.

Requirements. Individuals in a Command FEP will complete the following requirements. Select a beneficial weight management program from the enclosed resources that will support weight goals. Complete Weight Management Check and Personal Nutrition Improvement Regimen contract. Meet with the CFL monthly.

Section 1 – Physical Readiness Program Requirements

Individuals in a Command FEP should complete the following requirements for an effective physical readiness program.

1. Formally select a weight management program that will help you meet your needs and goals.
2. Complete Weight Management Check and Personal Nutrition Improvement Regimen contract.
3. Meet with the CFL on a regular basis to track progress and readdress needs.

Section 2 – Program Choices and Description.

a) Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN). The food and nutrition expert who translates the science of nutrition into practical solutions for healthy living. RDs or RDNs use their nutrition expertise to help individuals make unique, positive lifestyle changes. Many RDs also have board certifications as certified sports specialists in dietetics. The Navy Dietitian locator is available on the Physical Readiness Program website at: <http://www.public.navy.mil/bupers-npc/support/physical/Pages/default2.aspx>

- (1) An RD is the only person authorized to provide individualized diet plans.
- (2) To put this in perspective, by law in the United States, non-Registered Dietitians (e.g. Personal Trainers, CFL's, "nutritionists," exercise enthusiasts) may provide general dietary advice based on national guidelines outlined in www.ChooseMyPlate.gov and the Dietary Guidelines for Americans.
- (3) A health/fitness professional can explain the basic principles of weight loss but is not required to have the training to be able to calculate, outline and counsel or prescribe an individualized weight management plan. This becomes even more critical if the individual being counseled has medical complications associated with obesity, such as diabetes, heart disease, or high blood pressure (hypertension).
- (4) ShipShape Facilitators are trained to mentor an otherwise healthy individual through weight management programs based on national guidelines as outlined in part (2) above.

(5) How is an RD different than a nutritionist? RDs are credentialed providers and meet minimum education, pass a national examination and are required to have continuing education. There is no legal definition of a nutritionist, therefore, anyone may call themselves a nutritionist whether they have qualifications or not.

(6) Members who choose to see an RD will need to complete a three-day food log (two week days and one weekend day) after scheduling an appointment and bring with them to the appointment. MTF's may have specific guidelines for completing a food log or members may utilize the food diary at the end of this guide for completion.

- b) Shipshape Program. An evidence based, behavioral change program specifically designed to provide all the tools needed to achieve healthy and permanent weight loss. The ShipShape Program is offered for all adult beneficiaries and has proven successful for service members that exceed Body Composition Assessment (BCA) standards. Topics include basic nutrition, stress management, physical activity, and behavior modification to promote lifestyle changes that support healthy eating and activity.

ShipShape Program is highly recommended for members who fail to meet weight standards or are in jeopardy of failing. It is also recommended for adult family members in support of family readiness. It is not a mandatory program and should not be treated as such by commands. All FEP participants are encouraged to attend at least one class to learn more about the program.

The ShipShape Program is available at all MTFs, including branch clinics. Any members interested in becoming a program facilitator, especially those that have decreased their body fat through lifestyle modifications, are encouraged to attend the facilitator training.

The CFL is the liaison with the Military Treatment Facilities (MTFs) Health Promotion Director and refers members to the ShipShape Program as needed. Program information and locations, are located at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx>

- c) Commercial Weight Loss Clinics. Commercial Weight Loss management clinics are discouraged due to the un-necessary cost that will not be reimbursed to the member and the possible use of controversial prescribed medication(s). However, should this choice be made these are the items to look for before selecting.

1. Has a RD/N that you personally meet with each session.
2. Knows about and reviews your medical conditions (Hypertension, High Cholesterol, Gastrointestinal disease/complications, etc.) See sheet on page 23 for further guidance.
3. Has a support group that meets either weekly in person or virtually online.
4. Encourages use of portion sizes and eating from ALL food groups. (Not omission of grains/starches, etc).

5. Does NOT encourage rapid weight loss (more than 1-2 lbs per week).
6. Does NOT sell foods or other supplements that are required to be purchased from them.
7. Does NOT recommend or use prescription medication.

d) Nutrition Self-Study Smartphone App. This is a Smartphone App located on the “Official Navy PFA App” under the Downloadable Content section. It is intended to assist members to have an increased awareness of how to make an informed choice of foods that will best fuel them for the day and or activities that lay ahead, prevent returning weight gain, and assist with behavior modification for a healthier lifestyle. If members make the recommended changes to their eating habits and physical activity they ***should*** see an improvement in their weight and physical appearance. ***At any time during this program members can switch program options with a notification to the command CFL (e.g. ShipShape or RD)***. The course requirements are outlined below.

1. Weekly courses with a quiz at the end of each week. (5 total)
2. Member must receive an 80% or better score to be able to advance to the next course.
3. A 7 day wait period between courses has been applied to allow for the activity portion implementation.
4. A course completion certificate will be available at the end of Self-Study Program with a score 80% or better which will need to be turned in to your CFL.

Section 3: Additional Nutrition Resources

Whether you are looking to improve performance, body composition, or general well-being, the following tools may be used to put any program or meal plan into perspective. These tools convert scientific evidence into practical applications to improve eating choices.

1. National Nutrition Guidelines. The 2015 Dietary Guidelines for Americans. Released Jan 2016. The Guidelines located at <http://www.health.gov/DietaryGuidelines> focus on a healthy diet that prevents disease and obesity. Key messages include:

- (1) Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level. A healthy eating pattern includes:
 - (a) Eating a variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
 - (b) Eating fruits, especially whole fruits
 - (c) Grains, at least half of which are whole grains

- (d) Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- (e) A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- (f) Healthy Oils

(2) A healthy eating pattern limits:

- (a) Saturated and *trans* fats, added sugars, and sodium

(3) Key recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- (a) Consume less than 10 percent of calories per day from added sugars
- (b) Consume less than 10 percent of calories per day from saturated fats
- (c) Consume less than 2,300 milligrams (mg) per day of sodium
- (d) If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men and only by adults of legal drinking age.

2. ChooseMyPlate.gov. This free web-based program (located at <http://www.choosemyplate.gov/>) provides sound advice on what and how much to eat from the five food groups. This website can be utilized for a personalized meal plan using the SuperTracker link. Other websites may be appealing for tracking food intake; however, many are inaccurate in calculating nutrition needs.

3. Navy and Department of Defense Nutrition Programs/Tools.

a) *Mission Nutrition*. A standardized, science-based nutrition education course designed to help educate Sailors, family members, and retirees on various nutrition topics. Check with your local Morale, Welfare, and Recreation Fitness Center for more information. <http://www.navyfitness.org/nutrition/mission-nutrition>

b) *military Nutrition Environment Enhancement Tool (m-NEAT)* is a commander's tool to assess how well the command/community supports healthy eating, an important element of any physical fitness program. The survey assesses the community's environment and policies related to promoting and supporting healthy eating and the access to healthy foods within the workplace, community and school settings. By completing m-NEAT commands receive feedback about the extent to which they make it easy for

people to eat healthfully. Completing this assessment offers ideas about changes and improvements communities can make to promote healthier eating. The action plan section allows communities to reflect on what they learned in completing the m-NEAT and to identify possible next steps based on the assessment results in combination with their own ideas about what would best serve the community. A team approach that includes key stakeholders is the best approach to completing the assessment and action plan. The tool is available on the Navy and Marine Corps Public Health Website. <http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx>

c) *Navy Operational Fitness and Fueling Series (NOFFS)* is designed to provide the Navy with a world-class performance training resource. The Fueling Series and the Meal Builder of this resource provide members with the tools that support healthy nutrition choices and the creation of individualized meal plans in both shore-based and operational environments. Go to www.navyfitness.org to access NOFFS.

d) *Go for Green®* program classifies the nutrient density of foods offered in Shore and Ship Galleys by a green, yellow, or red identification poster, label or sticker. The classification of foods is based on calories, total fat, cholesterol, and sodium content. If a Sailor changes some of the food choices to green labeled they will be making healthier choices. For more information or media kit supplies, contact your local Galley Program Manager. <https://www.hprc-online.org/faqs/g4g-basics>

4. Navy/DoD Websites. The following websites are credible sources for nutrition information. A lot of information is available on the web; be cautious when selecting resources from the internet.

a. Health Promotion. Navy and Marine Corps Public Health Center Website (located at http://www.nmcphc.med.navy.mil/Healthy_Living/) is a clearinghouse for Navy health promotion and wellness material, resources, and links. Utilize this website to gain access to reliable nutrition resources, including educational material/handouts on nutrition, weight management, and physical activity, such as fitness challenges for your command.

b. Performance Nutrition. The Navy Operational Fueling education tool is a 10-page, double-sided PDF developed specifically for Navy members. It provides nutrition information and a meal builder to assist in creating a solid foundational diet and choosing optimal fuel for optimal performance. The electronic version resides at: http://www.navyfitness.org/nutrition/noffs_fueling_series/.

c. Supplements. Choose your supplements wisely. Operation Supplement Safety (OPSS) is available on the Human Performance Resource Center website (located at: <http://www.opss.com/>) provides information on safety and efficacy of supplements. Search the website by supplement product or ingredient to make informed decisions about dietary supplements and ergogenic aids.

d. Healthy Habits Coaching. All active duty, reservist, and family members are eligible for benefits from the Military OneSource located at: <https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/login.do> Login to the website and search for the Healthy Habits Coaching Program to learn more information on working with a health coach online or via telephone.

e. Operation Live Well. DoD Military health system provides nutrition articles, recipes, cooking tips and several articles over nutrition and physical activities to assist in meeting your goals. OLW is located at: <https://health.mil/Military-Health-Topics/Operation-Live-Well?type=Presentations>

5. Nutrition Mobile Applications

a. Use of mobile applications, or apps, is not required. However, many people do find apps helpful. Mobile applications provide the user with access to information electronically while on the go. They also are more likely to provide more up to date information.

b. It is important to utilize applications that provide quality content to keep individuals on track with wellness goals. The checklist in Table 1 can help guide your search and narrow down the apps that will be the most useful and provide more accurate information.

Table 1.

Considerations for Selecting Weight Management Apps		
<p>Use of Mobile Applications or apps is not required. However, many people do find apps helpful. This checklist for apps can help guide your search and narrow down the apps and will be the most useful and provide more accurate information. Evaluate each app based on the considerations listed and determine if it meets the criteria by placing a “Yes” or “No” in the “Meets Criteria” column. See how the app stacks up against others and then choose the best app for you.</p>		
<u>Consideration</u>	<u>Explanation</u>	<u>Meets Criteria</u>
Reliable Resources	The app was developed based on reliable food resources and research.	
Variety	The app includes a variety of food choices emphasizing all food groups.	
Activity	The app also incorporates a physical activity component for most days of the week.	
Reviews	The app has received mostly positive reviews, and the majority of reviews reflect successful lifestyle change.	
Number of Downloads	The app has been downloaded by a large number of users.	
Tracking	The app includes the ability to track food, calorie intake, activity and calories burned.	
Safety	The app encourages weight loss over time, without the use of special foods or supplements.	
*Cost	You have considered the cost of the app. (Is it free, a one-time charge or a recurring subscription fee?)	
Data Usage	<p>Does the app require data access to function? Factor this functionality into both the cost calculation and determination if this will function when and where needed. For Example: Does it require a strong network connection on the mess decks where food logging would be most likely to take place? Do you get a strong signal on the mess decks?</p>	

**Cost will not necessarily determine if the app is credible or not, but should be considered to determine if the app will fit into your budget.*

Table 2 provides an easy reference credible resource list to support wellness goals with reliable information.

Table 2.

Credible Resource List (CRL)	
NMCPHC - Health Promotion and Wellness Weight Management Web page	http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management.aspx
NMCPHC - Health Promotion and Wellness Healthy Eating Web page	http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx
NMCPHC - Health Promotion and Wellness - Active Living Web page	http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx
Choosemyplate.gov	http://www.choosemyplate.gov/
Navy Fitness	www.navyfitness.org/
Nutrition.gov	http://www.nutrition.gov/weight-management
Academy of Nutrition and Dietetics	www.eatright.org
United States Department of Agriculture	http://www.usda.gov/wps/portal/usda/usdahome
National Weight Control Registry	http://www.nwcr.ws/
National Heart, Lung, and Blood Institute - Weight Management	http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/weight-management.htm
Human Performance Resource Center	http://hprc-online.org/
American College of Sports Medicine (ACSM)	http://acsm.org/
American Council on Exercise (ACE)	http://www.acefitness.org/?utm_medium=ppc&utm_source=bing&utm_term=american+council+exercise&utm_campaign=Brand+Terms&device=c
Navy Operational Fitness and Fueling System	http://www.navyfitness.org/fitness/noffs/
President's Council on Physical Fitness	http://fitness.gov/

Section 4 - Guide for Achieving a Healthy Body Weight

1. A healthy body weight takes body fat composition, waist circumference, and disease risk into consideration. For decreased risk of disease, abdominal circumference goals are 40 inches or less for males and 35 inches or less for females. A successful individual program utilizes reliable information, referrals to appropriate resources, and incorporates the following:

a. A Balanced Diet. An optimal diet includes a variety of foods from each of the food groups, regular meals and snacks, and meets calorie needs to support a healthy weight. Creating a calorie deficit between 250 - 1000 calories per day should lead to a 1/2 to 2 pound weight loss per week. The calorie deficit should not place daily calories below 1200 for females and 1500 for males.

b. Regular Physical Activity. Daily activity of at least 30 minutes per day is recommended for general health. Calories burned during activity contribute to the total calorie deficit. 150 minutes of moderate activity per week is recommended to maintain weight. 250 minutes or more of moderate physical activity per week is recommended for weight loss.

c. Behavior Change. In order to promote lasting changes, one must identify what is keeping them from achieving their goals and make permanent changes. In addition to eating behaviors, physical activity, stress, and sleep patterns also need to be addressed.

(1) Self-monitoring. Keeping a daily food and activity log significantly increases chances of success. Accountability and self-awareness are key results from this highly beneficial activity. Limit weighing yourself to no more than one time per week and in the morning if possible. Body weight fluctuates during the day based on fluid and food intake and only leads to frustration.

(2) Stimulus Control. Different events may trigger eating unhealthy food or large portions. A balanced diet means consuming foods in moderation over the course of the day to prevent binge eating at a later time.

(3) Cognitive Restructuring. Replacing one untrue fact with a more beneficial one can greatly affect behaviors. If someone can see themselves losing weight or exercising on a daily basis, they are more likely to succeed. If they think "I blew my diet already today, I might as well just give up," then they most likely will. An example of replacing this thought is, "I had more cookies than I planned. Maybe I can go for an extra walk or I will eat a little less at dinner."

d. *Stress Management.* Some stress is normal and can assist in performance, but high stress levels are a strong predictor of weight regain. Stress produces the hormone cortisol which promotes fat storage; therefore, stress must be addressed and controlled. Some stress relieving options include regular exercise, adequate sleep, relaxation techniques, and professional counseling or therapy. Navy resources are located on NMCPHC website at:
http://www.nmcphc.med.navy.mil/Healthy_Living/Psychological_Health/Stress_Management/operandcombatstress.aspx.

e. *Social Support.* The most successful commands are the ones that provide a network (e.g., friends, family, and/or command members) to help support the member with their new eating and exercise habits. This help and encouragement has shown to not only increase weight loss, but to help maintain losses by enhancing feelings of control and confidence while building camaraderie.

2. **Barriers to Success.** It is important to be aware of the environment to look out for barriers to success and make accommodations to overcome them.

a. *Environment.* An individual's environment can create major obstacles with high calorie, inexpensive foods readily available. Members need to plan ahead to ensure healthy food options are available. Serving on the menu review board for the galley, providing input into snack bar items and mNEAT survey will assist in creating a successful eating environment.

b. *Activity.* Many members need to find motivation beyond three days of FEP physical training (PT) per week. Long-term weight loss will require a lifelong commitment to physical activity. Finding enjoyable activities and different activity options may help build a habit of regular activity.

c. *Behavior Strategies.* Lack of self-confidence is a major barrier to change. Resources are available to address barriers related to basic nutrition knowledge, cooking, shopping, exercise techniques, or stress management.

d. *Medical Conditions.* In rare cases, an undiagnosed medical condition or particular medication may cause weight gain. Any member experiencing unexplained weight gain or inability to lose weight, despite consistent efforts, needs to see their primary care doctor for evaluation. Members should know their weight and know when to seek help. CFLs/ACFLs are available for courtesy weigh-ins and BCA measurements.

3. Reasons Members Fail to Meet their Weight Loss or Maintenance Goals. Losing and keeping weight off requires a lifestyle change. “Diets” need to be avoided as they do not promote permanent weight loss. Diets that promote rapid weight loss also cause decreases in metabolism, which leads to regaining all, if not more weight.

a. Members with regular weight fluctuations between physical fitness assessment (PFA) cycles should be referred to an RD/RDN and/or the ShipShape Program as soon as possible, even if they meet BCA standards by weigh-in. Weight cycling should be broken before overall health is negatively affected.

b. Some common examples of ineffective weight loss methods are provided below:

(1) The Low-fat/Fat-free Label Reader. Does not watch calories and eats anything as long as it is low-fat or fat-free. Result: Calorie intake will exceed calorie needs since these foods tend to be high in simple carbohydrates or sugar. These sugars are burned off in 1-2 hours, leaving the member wanting more food. Recommendation: Fat is a healthy part of any diet and assists with feeling full and decreasing overall calorie intake. Focus on moderate portions of healthy fats from plant sources (nuts, seeds, oils).

(2) The Non-exercise Dieter. Watches both calories and fat, but does not perform regular exercise. Result: Metabolism will lower with a decrease in calorie intake. Weight will "plateau" after initial weight loss due to the body's adaptive process. Recommendation: The combination of decreased calories and exercise provides the most effective weight loss strategy. Safe fat loss is one to two pounds per week for the average person. Claims that you can lose five or more “pounds” in a week are misleading. When somebody does lose this much weight this quickly, the loss is mostly from fluid, not fat loss.

(3) The High-activity/Low-calorie Dieter. Greatly increases activity and reduces calories at the same time. This is very common with FEP members following a BCA failure as the next cycle PFA nears. Result: Member is eating too little, calories do not support the metabolic needs of the body and weight loss stops. Recommendation: Exercise and/or calories need to be adjusted. If activity level is adequate, member will need to gradually increase calories until weight loss resumes. Keep a food log/activity log to determine if calories are within a deficit of 250 to 1000 of estimated needs.

(4) The Carbo-phobic Dieter. Believes all carbohydrates cause weight gain and avoids foods containing carbohydrates. Result: Rapid fluid loss due to depletion of glycogen (glucose) stores. Energy is compromised as a result of low muscle glycogen

that supplies energy for exercise. Lack of alertness and poor attention occurs.

Recommendation: Carbohydrates are an important element of the diet, especially during exercise. Focus on unprocessed carbohydrates (whole wheat bread, brown rice, oatmeal, beans, fruits, vegetables, etc.) to provide optimal fuel for the body.

(5) The Fad-diet Follower. Follows the latest craze in weight loss ranging from very low calories to eliminating important food groups to high intakes of dietary supplements. Result: Weight cycling. Short term weight loss occurs, which is regained to starting weight or higher once the diet is stopped. Recommendation: Use sound resources. Be wary of fad diets. They come and go because they tend to be easy to follow at first, but do not maintain weight loss in the long run.

4. Realistic Weight-loss Goals. It is important to set goals, both short-term and long-term. A realistic weight-loss goal is one to two pounds or one half of a percent of body fat per week. Any weight loss beyond two pounds per week after the first month should be addressed. Unrealistic goals are an invitation for failure.

a. Goals need to be SMART - **S**pecific, **M**easureable, **A**ttainable, **R**ealistic and **T**ime-sensitive.

b. It is best to not only set weight -loss goals (lose five pounds per month), but to also include dietary changes that will facilitate weight loss and lifestyle change. For example: Keep a daily food log with a goal of eating two fruit and three vegetable servings daily.

5. Quick Facts for Weight Management. There is no one program that works for everyone. An effective weight management plan is one that fits the service member's lifestyle and one that they are able to sustain. The following list is taken from the National Weight Loss Registry and includes seven secrets to success that are consistently found in those who lose and maintain their weight loss.

a. **Sleep** seven to eight hours per day as often as possible. Choose to turn off the TV or computer when possible and get some much needed rest.

b. **Eat** breakfast every day. After PT is an important time to refuel the body during weight-loss efforts. The goal is to refuel the body within 15 to 60 minutes with a balanced intake of carbohydrates, protein and healthy fat.

c. **Walk** briskly. Daily activity outside of the gym can be just as important in burning calories. Walking is an easy way to get that additional 30-60 minutes a day to promote weight loss. Encourage walking anywhere possible.

d. **Maintain** a daily food log. A daily food log increases the likelihood of success. Keep your log simple and manageable.

e. **Weigh** regularly. FEP members are weighed weekly to track progress and address plateaus or weight gain. Limit weighing yourself to no more than one time per week and in the morning if possible. Body weight fluctuates during the day based on fluid and food intake and only leads to frustration. An exception is weighing before and after activity to determine fluid needs. For each pound lost during exercise 16 ounces of water are needed to replenish.

f. **Find** support. Members need a support system. Commands that work together and encourage each other experience the greatest success.

g. **Never** give up! Members who play an active role in improving their fitness and seek out resources are more successful.

6. Food Guidance. How much to eat? ChooseMyPlate.gov and the Navy Operational Fueling System are two different tools that can provide guidance for appropriate food quantities. The following is general guidance on portion sizes for an adult eating 1800-2000 calories each day:

h. *Grains*. 6 to 8 ounces daily. Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day. Look for the word “whole” as the first ingredient. Some food products are marked with a mustard and brown whole grain stamp for easier identification. “Enriched” is never a whole grain but it does mean that the nutrients lost during processing have been replaced.

i. *Vegetables*. 2½ to 3 one cup equivalent servings daily. The more color, the better. Choose a variety of dark green, red, purple, blue, and orange vegetables whenever possible. Choose fresh, frozen, canned, dried, or 100% juice. Only one of your daily servings should be juice. Watch out for added sugar and oils in canned or dried vegetables and choose those without additives.

j. *Fruit*. 1½ to 2 one cup equivalent servings daily. Choose a variety of types of fresh, frozen, canned (in its own juices), dried, or 100% juice and fruits in season for the best price and nutrient value. If you choose juice, only one of your daily servings should be juice. Watch out for added sugar, heavy syrup, and/or oils in canned or dried fruits and choose those without additives.

k. *Milk/Dairy*. 2 to 3 cups daily for adults. Choose fat-free or one percent. If you don't or can't consume milk, choose lactose free products or other calcium sources

including yogurt, soy and nut milks, and fortified cereals and orange juice. Dark leafy greens such as kale and spinach, white beans, and some fish also provide calcium.

l. *Meats and Beans.* 5 to 6½ ounces for adults daily. Choose low-fat or *lean* meats such as fish, beans, peas, poultry, beef and pork. Lean cuts of Beef and Pork come from loins, shoulder and round cuts. Bake, broil, or grill instead of frying and choose seasonings instead of sauces. Vary your protein choices with more fish, beans, peas, nuts and seeds.

m. *Healthy Oil.* 5 to 7 teaspoons for adults daily. Choose fat sources from fish, nuts, or vegetable oils (Olive or Avocado). Avoid Trans fats from foods such as pies, cakes, pastries and buttery crackers while limiting saturated fats found in butter, margarine, shortening and coconut oil.

n. *Empty Calories.* A discretionary calorie (empty calories) level of approximately 10 percent of total calories per day (150-300) allows you to choose foods outside of the above food groups. It is okay to indulge once in a while. If you indulge on a high calorie item, you can make it up by selecting lower calorie food and/or beverages or adding additional activity. Losing weight with the foods you enjoy will assist in keeping weight off. Never having sweets or some of your favorite higher calorie items is unrealistic, but establish clear limits.

o. *Size up Servings and Calories.* Check serving sizes and number of servings on packages to accurately complete a food log. Be aware that servings listed on the Nutrition Fact food label are set by manufacturers and may be different than ChooseMyPlate.gov.

6. Nutrition and Activity. There are three main reasons why increasing exercise can lead to weight plateau or increased weight gain. Increasing awareness of potential issues will help identify and adjust accordingly.

a. Exercising makes a person hungrier. Make sure the food eaten will fill the person up by choosing nutrient dense foods (protein, fiber, healthy fat) vice calorie dense foods (high fat, high sugar items with few nutrients). The human body is designed not to starve. If lower calorie, filling foods are not chosen, the body will naturally compensate for the extra calories burned from exercise. Try filling up on vegetables before or as part of the meal.

b. Exercising can produce a sense of entitlement. “I worked out, so I can have/deserve.” Activity helps burn calories, but only if all of those calories are not consumed back. Track food intake to ensure maintenance of a calorie deficit to

promote your goals. See the following examples:

- Jogging 60 min = 470 calories = kid size buttered movie theatre popcorn
- Elliptical 45 min = 500 calories = store bought muffin
- Kickboxing 25 min = 275 calories = a tall whole milk latte or 3.5" cookie

c. Calories need to meet minimum requirements. Make sure calories are not decreased below the minimum needed to support your **metabolism** (approximately 1500 calories for males and 1200 calories for female), because it is very difficult to sustain. A very low calorie diet will ultimately slow your metabolism and weight loss and will encourage rapid weight regain when higher calorie consumption is resumed.

7. Weight Gain Prevention. Preventing excess weight gain and weight regain is the best weight management approach. The current environment promotes over consumption of calories and under consumption of nutrients. Environments are sustained based on demand. Seek out nutrition information to become a more informed consumer and take action to set up the environment to guide success at nutrition goals:

a. Speak with those that can assist in keeping spaces (the home, office, or other space) with healthful foods readily available.

b. Keep unwanted foods out of sight. Actions such as moving a candy bowl out of reach or sight will significantly decrease calorie intake.

c. Plan meals and snacks. Whether eating at the galley, a restaurant, or preparing meals at home; plan what fuel will be needed. Do not wait until hunger sets in and then use the excuse that there was nothing else available. Make an attempt to have it available. Keep foods handy, find restaurant nutrition information online, or use apps to make informed food and beverage choices.

8. Vulnerable Periods. Prepare to offset excess calories to prevent excess weight gain. There are certain times when members are most prone to gain weight.

a. Leave and Holiday Periods. Taking 30 days or more of leave and eating home cooking with little activity will cause weight gain for most. Try to have favorite foods in moderation, in combination with some lower calorie foods and find time for activity.

b. On Deployment. With outside food choices limited, dining facilities offer more options. Plan well and always try to follow the 80/20 rule. Eat well 80 percent of the time

and have favorite high-calorie foods and beverages no more than 20 percent of the time. This can equate to three meals per week **or** using your empty calories daily.

c. Return from Deployment. Returning home to favorite foods and more time with family and friends tends to leave less time for PT. Remember to include activity in the daily routine.

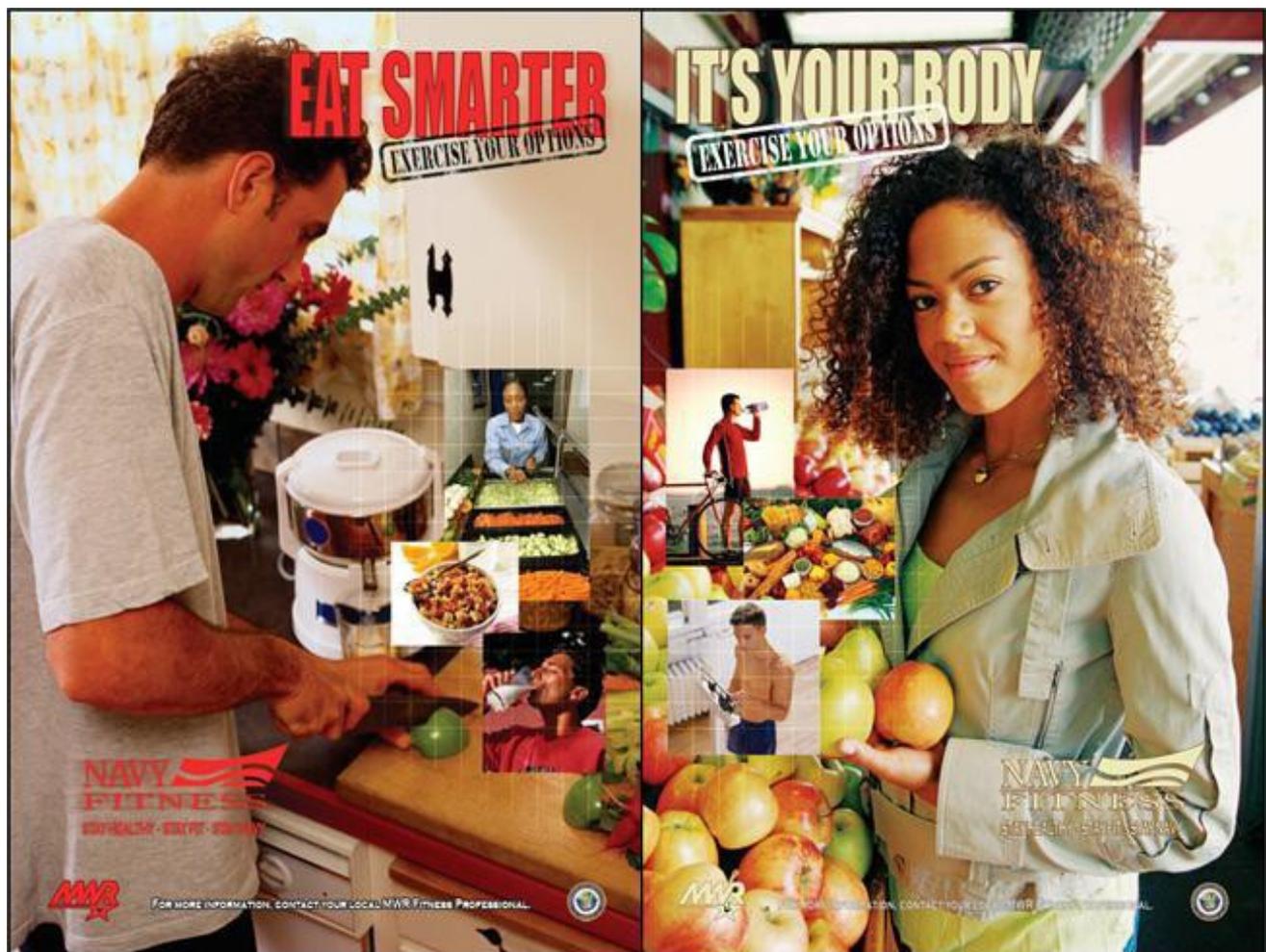
d. High-stress Times. Increased stress can lead to over consuming foods and beverages as a temporary relief. If stress is not managed more effectively, the over indulgence will continue. Seek ways to manage stress; PT is one way.

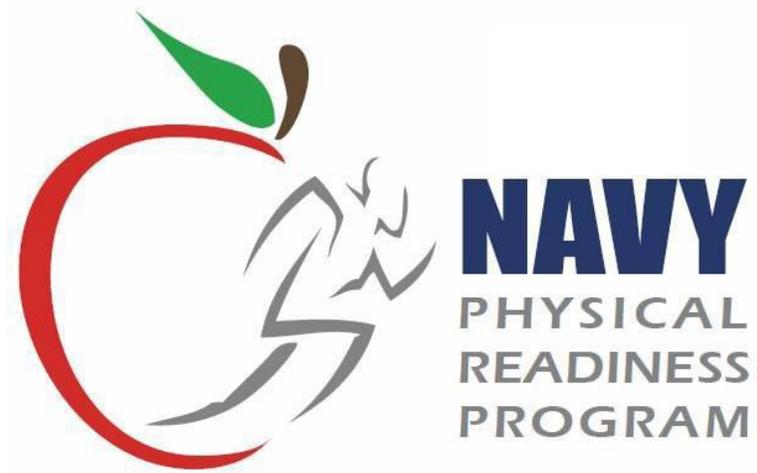
Section 5 - Nutrition for Weight Gain

Utilize the Navy Operational Fueling Series Meal Builder to assist in creating a meal plan that will promote healthy weight gain. Consuming nutrient-dense foods (high calories with high nutrients) vice low nutrient-dense foods (high calories with low nutrients) along with a well-planned cardiovascular and resistance exercise program will assist in increasing desirable lean muscle gain while promoting good health. Nutrient dense foods include nuts, healthy fats (plant oils such as olive oil), olives, and peanut butter.

Access the Navy Operational Fueling System Meal Builder:

http://www.navyfitness.org/nutrition/noffs_fueling_series/





Appendix

Appendix A

Weight Management Program Selection Worksheet					
Consideration	Explanation	Program	Program	Program	Program
		ShipShape	RD/N	Self-direct	Comm WT Loss
*Reliable	Is program based on reliable resources and research?	✓	✓		
Balanced	Does program include a balanced variety of foods from ALL food groups?	✓	✓	✓	
**Dietary Supplement Use	Does the program replace healthy eating with “special” meals, shake, teas or supplements?	X			
	Would you have ability to store and prepare these items in your workspace or while underway?	N/A			
***Omission	Does the program leave out a particular food or food group?	X			
Physical Activity	Does program include 150-250 minutes of weekly physical activity?	✓	✓	✓	
Realistic	If weight loss is a goal, is program focused on safe weekly weight loss of ½ to 2 pounds?	✓	✓	✓	
Sustainable	Are lifestyle changes developed that can be maintained after completing the program?	✓	✓		
Goals	Does program assists in establishing individual weight goals?	✓	✓		
Support	Does the program provide individualized weight management support and follow- up?	6 Months after	✓		
Cost	Are there fees or costs related to the program?	Free	Free	Free	
	Does this cost fit into your budget?	Yes	Yes	Yes	
Logistics	Is this program feasible with your schedule?	****			
	If online or mobile application dependent, will you have access even if traveling/deployed? (consult CRL)	N/A			
* Many websites and resources are available to address weight loss, but not all of them provide credible information. Seek out resources from the Credible Resource List (CRL) provided.					
**Programs that replace healthy eating with “special” meals, shake, teas or supplements are expensive, fail to focus on lasting lifestyle changes, and are not sustainable.					
***Programs that leave out a particular food type can lead to medical problems and are not sustainable.					
****Every MTF is required to host a ShipShape Program. Additional Facilitators are in place at various Fleet Commands. If you are having difficulty enrolling in a ShipShape Program, please contact the NMCPHC ShipShape Program at: usn.hampton-roads.navmcpubhlthcensors.list.nmcphe-shipshape@mail.mil .					

Appendix B

Personal Goals and Milestones Tracking Example

A	B	C	D	E
Date	Weight/AC/BF% goal	Actual on that date	Fitness Goal	Progress
Current 11/1/2015	150, 30, 29%	155, 31, 30%	Run 1.5 mi in 15 min	Done in 13 min!
Check in with LPO/DIVO by 12/1/2016	150, 30, 29%		Run 1.5 mi in 15 min	
Practice PFA by 1/1/2016	150, 30, 29%		Run 1.5 mi in 15 min	
By next PFA on 2/1/2016	149, 29, 29%			

Directions: Fill in columns A, B, and D. Columns C and E will be completed at check ins.

May 2018