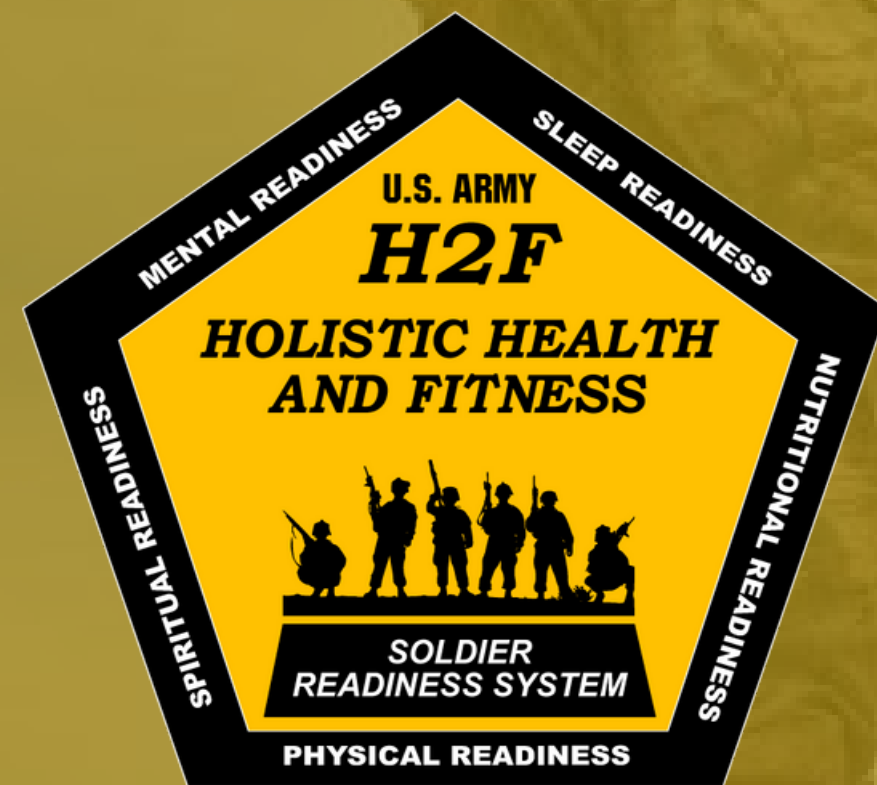


Nutritional Readiness

Agenda



- ▶ Introduction Nutritional Readiness
- ▶ Purpose
- ▶ What is Nutritional Readiness
- ▶ Army Performance Nutritional Program
- ▶ Identify Healthy Eating Pattern
- ▶ Identify Operational Nutrition
- ▶ Check On Learning
- ▶ Summary

H2F READINESS DOMAINS

Mental
Readiness

Sleep
Readiness

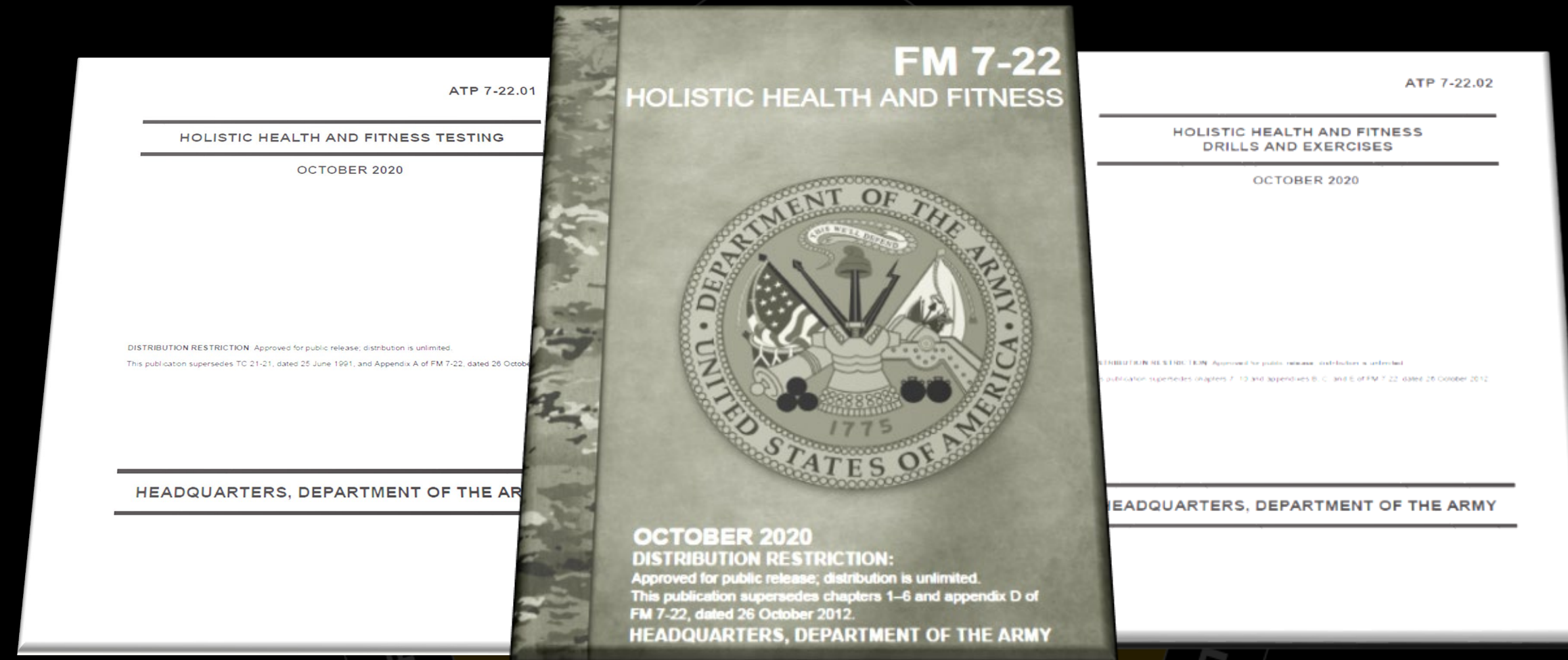
Spiritual
Readiness

Nutritional
Readiness

Physical
Readiness



Doctrine



FM 7-22, Chapter 8: Nutritional Readiness



Introduction to Nutritional Readiness



Nutritional Readiness is one of five domains of the Holistic Health and Fitness System.

- Concern:
 - ~12% of Soldiers are classified as obese, thus more susceptible to illness or injury
 - Nutritional concerns that affect Soldier health and readiness: disordered eating behaviors, micronutrient deficiencies, food insecurity, and dietary supplement use (among others)



Purpose

- Learn the basic tenets of the Nutritional Readiness domain and understand the functions of the H2F Performance Team Nutrition Program (Nutritional Readiness Cell)





Nutritional Readiness

- **Nutritional Readiness** is the attainment of an individual nutritional strategy that supports optimal physical and cognitive function as well as lifelong disease and injury prevention.
- **Nutritional Readiness** is the ability to recognize, select, and consume the requisite food and drink to meet the physical and nonphysical demands of any duty or combat position, accomplish the mission and come home healthy.



Army Training



Dietary Guidelines



Nutritional Readiness



Healthy Eating Patterns



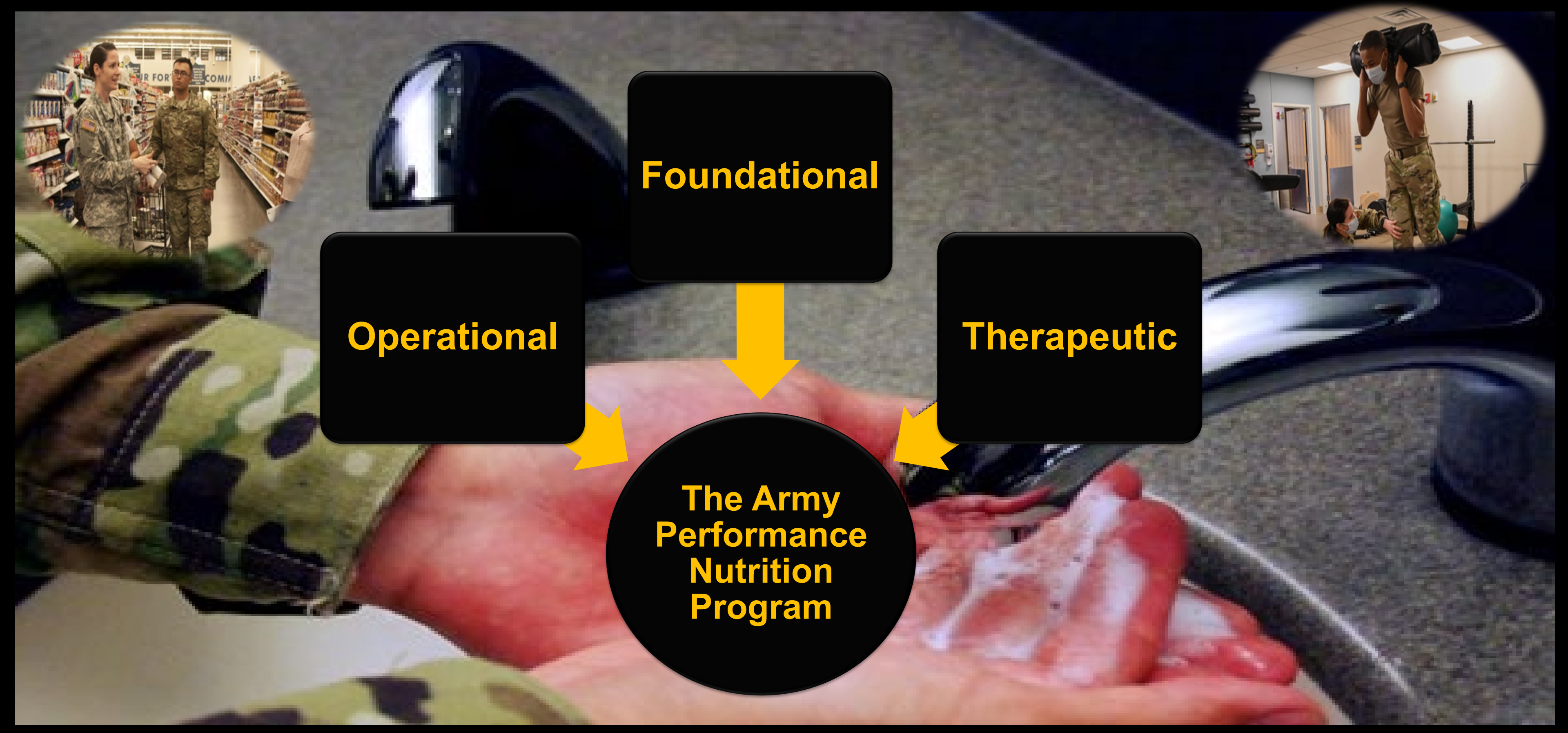
Nutritional Readiness

- ▶ Nutritional Readiness is the attainment of an individual nutritional strategy that supports optimal physical and cognitive function as well as lifelong disease and injury prevention.





Performance Nutrition Program



Foundational

Operational

Therapeutic

**The Army
Performance
Nutrition
Program**



Identify a Healthy Eating Pattern

➤ To optimize their health and performance, Soldiers need to understand and apply the basics of a healthy eating pattern that includes the following:

- A variety of vegetables
- Fruits
- Grains
- Fat-free
- A variety of protein foods
- Oils





Identify Operational Nutrition

➤ **With a focus on foundational health through a deliberate everyday diet, Soldiers are better positioned to optimize task-specific performance nutrition through event fueling and post-event recovery, and arduous environment preparedness.**

- Before Exercises
- During Exercise
- After Exercises
- Hydration





Check on Learning



Q. What percentage of Soldiers are classified as obese, thus more susceptible to illness or injury?



A. ~12%



Q. What is the goal of nutritional readiness?



A. To promote optimal performance readiness



Q. What are 3 performance nutrition programs?



A. Operational, Foundational and Therapeutic



Q. What are three healthy eating patterns to optimize your health and performance?



A. Vegetables, Fruits, Grains, Fat-free or low-fat (1 percent) dairy, Protein foods, and Oils high in polyunsaturated and monounsaturated fats.



Q. What is a Registered Dietitian (RD)?



A. Subject matter expert in all things food and nutrition.



Summary

In this lesson we covered:

- Nutritional Introduction
- Purpose
- What is Nutritional Readiness
- Army Performance Nutritional Program
- Identify Healthy Eating Patterns
- Identify Operational Nutrition
- See the FM 7-22 for more detailed information to better understand Nutritional Readiness.





Questions?