



GUIDE 10

NUTRITION RESOURCES

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Section 1: Nutrition Introduction

1. Nutritional Fitness. Nutrition is a key component to any Physical Training (PT) program in that healthy dietary behaviors enhance performance, contribute to proper weight management within Navy standards, and reduce risks for chronic diseases and conditions. Healthy dietary behaviors also help to strengthen bones, boost the immune system, and increase career longevity. Service members are responsible for supporting mission readiness by maintaining their individual physical readiness.

2. Command Fitness Leader (CFL)/Assistant CFL (ACFL) Role. The CFL/ACFL is expected to remain familiar with Physical Readiness Program (PRP) nutrition policies and ensure full compliance with the following requirements at their command:

a. Distribute this guide to all Fitness Enhancement Program (FEP) participants. This guide establishes FEP nutrition requirements and provides credible resources to support service members in achieving and/or maintaining physical readiness. This guide may be downloaded as a PDF version onto a mobile device and is also available on the Official PFA mobile application.

b. Be familiar with the FEP nutrition options and resources in this guide. Also, be familiar with local resources [e.g., nutrition programs through a Military Treatment Facility (MTF), Navy MWR, Command Health Promotion & Wellness, and/or Fleet and Family Support Services] to best align member's needs with available resources.

c. Record the selected nutrition option within PRIMIS for each member enrolled in FEP and maintain all relevant FEP nutrition documentation.

d. Do NOT provide individual or group nutrition counseling in which a specific dietary plan or daily caloric intake is prescribed to FEP members. Providing general nutrition guidance using the nutrition resources within this guide is acceptable.

e. Complete required DoD-approved dietary supplement safety training via the Operation Supplement Safety (OPSS) website in accordance with DoDI 6130.06 (series).

3. Service Member Role. The nutrition resource information contained within this guide is intended for all service members. Members requiring additional nutrition resources are encouraged to meet with a Registered Dietitian Nutritionist (RDN), also known as a Registered Dietitian (RD).

4. FEP Participant Role. FEP participants who do not meet Navy standards for Body Composition Assessment (BCA), Age-Adjusted Standards (AAS), and/or Physical Readiness Test (PRT) are required to read Guide 10 in its entirety and choose from one of the FEP nutrition options described in Section 2. FEP participants will provide the CFL/ACFL a copy of the applicable nutrition course completion certificate or supporting documentation that shows progression through the selected nutrition education option within 30 days of FEP enrollment.

Section 2: FEP Nutrition Requirements and Education Options

1. BCA and AAS FEP Participant Nutrition Education Options. FEP participants enrolled due to not meeting the Navy standards for the BCA or AAS will select one of the below nutrition education options to complete. Also, FEP participants who do not meet the Navy standards for BCA (or AAS) and the PRT will select one of the below nutrition education options to complete:

- a. Nutrition Consult – minimum of one visit - for individual counseling with a RDN/RD or attend a nutrition class (e.g., Weight Management, Healthy Eating) that is led by a RDN/RD.
- b. Enroll and participate in a local ShipShape Program.
- c. Complete the Nutrition Self-Study Course on the Official Navy PFA App.
- d. Attend the Mission Nutrition Course.
- e. Optional: Select a commercial weight management program at participant's own expense.

2. PRT FEP Participant Nutrition Education Options. FEP participants enrolled due to not meeting the Navy PRT standard only (e.g., passed the BCA) will select one of the following nutrition education options:

- a. Nutrition Consult – minimum of one visit – for individual counseling with a RDN/RD or attend a nutrition class (e.g., Performance Nutrition, Healthy Eating) that is led by a RDN/RD.
- b. Review Navy Operational Fitness and Fueling System (NOFFS) performance nutrition guidelines and resources with CFL/ACFL.
- c. Complete the Nutrition Self-Study Course on the Official Navy PFA App.
- d. Attend the Mission Nutrition Course.

3. Description of FEP Participant Nutrition Education Options. To assist FEP participants in selecting the appropriate nutrition education option, the following descriptions are provided. FEP participants may change their selected nutrition education option (e.g., ShipShape program to individual consult with RDN/RD) at any time with proper notification to the CFL.

- a. Nutrition Consult for Individual Visit or Class with an RDN/RD. This option allows for the FEP participant to meet – minimum of one visit - individually (e.g., one-on-one) with a RDN/RD or attend an appropriate nutrition class that is led by a RDN/RD. Classes are typically offered at the MTF or at a local Health Promotion and Wellness Center.

(1) It is important to note that all RDNs/RDs are nutritionists, but not all nutritionists are RDNs/RDs. RDN/RDs are recognized nutrition professionals who have met, and maintain, rigorous credential requirements. The RDN/RD is the only person authorized to provide members with an individualized diet plan. By law in the United States, non-RDN/RD roles (e.g., Personal Trainers, CFLs, nutritionists, exercise enthusiasts, health professionals) may ONLY provide general dietary advice in accordance with national guidelines.

(2) FEP participants not meeting the Navy standards for BCA, AAS, and/or PRT are required to complete a minimum of one visit with the RDN/RD if the nutrition consult option is selected. FEP participants are highly encouraged to complete additional visits at the frequency recommended by the RDN/RD.

(3) Nutrition education classes for BCA FEP participants will be specific to weight management and/or healthy eating. PRT FEP participants should attend a nutrition education class specific to performance and/or healthy eating.

(4) RDNs/RDs can be found using the Navy Dietitian locator, which is available on the Navy Nutrition website at <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Navy-Nutrition/>.

b. ShipShape Program. This six-week evidence-based program is the official Navy weight management program designed to assist members with making positive behavior changes to promote healthy weight loss. Course requirements are outlined below:

(1) The program consists of two self-paced online sessions and four in-person group sessions (30-60 minutes per session) focusing on nutrition, physical activity, mindset, and sleep. ShipShape facilitators are trained to guide and mentor while adhering to the program curriculum.

(2) FEP participants selecting this nutrition education option are encouraged to self-refer to the program by contacting their local MTF, Health Promotion and Wellness Center, or a non-MTF command with this program offering. MTFs are required to conduct the ShipShape program throughout the calendar year. Non-MTF commands are encouraged to implement the ShipShape program to improve member access.

c. Nutrition Self-Study Course. This course is available on the Official Navy PFA App, which can be downloaded for free from a smartphone app store. Within the App, the course is specifically located in the "Nutrition Guidance" section under "Courses". FEP participants will learn about nutrition basics, making healthier food choices, portion control, and behavior modifications necessary for healthy weight management. The course requirements are outlined below:

(1) Complete the five nutrition modules and corresponding quiz at the end of each module.

(2) Receive a score of 80% or better on each quiz to be able to advance to the next module and to obtain a course completion certificate at the end of the course.

(3) FEP participants who successfully complete the course are required to provide their CFL/ACFL with the course completion certificate so it can be documented into the member's FEP record. The course completion certificate is only valid for the PFA cycle in which the member is enrolled into the FEP.

d. Mission Nutrition Course. This is a standardized, science-based two day course focused on improving individual nutritional knowledge and awareness. Course topics include nutritional role in health, nutrition basics, emotional eating, fad diets, food shopping, meal planning and eating out, dietary supplements, and tactical performance nutrition and hydration. The course is available to anyone interested and is available at MWR Navy Fitness centers that have a certified instructor. Members must coordinate with the CFL/ACFL and MWR Fitness Staff to attend the course. Check with your local Morale, Welfare, and Recreation Fitness Center for more information.
<https://www.navyfitness.org/fitness/nutrition/mission-nutrition>.

e. Navy Operational Fitness and Fueling System (NOFFS). This system is designed to provide Sailors with a world-class performance training and fueling resource. The Fueling Series and the Virtual Meal Builder provides Sailors with the tools that support healthy nutrition choices and the creation of individualized meal plans in both shore-based and operational environments. It is intended for active individuals who are currently participating in a physical training program. The CFL/ACFL must review the NOFFS-nutrition section provided on <https://www.navyfitness.org/fitness/nutrition/noffs-fueling-series> or within the NOFFS app with the member for this FEP nutrition option.

f. Selecting a Commercial Weight Loss Program. To assist members in selecting a safe and effective commercial weight loss program, the following guidelines should be considered:

- (1) Incorporates behavioral treatment or lifestyle counseling.
- (2) Focuses on lifestyle changes and not a quick fix.
- (3) Provides ongoing feedback, monitoring, and support (e.g., in-person, virtual, and/or telephone).
- (4) Develops a plan for goal setting, motivation, and self-checks.
- (5) Encourages the use of portion sizes and eating from all food groups.
- (6) Offers information on sleep, stress, and benefits/risks of weight-loss medicines.

(7) Discourages rapid weight loss of more than 2 lbs per week.

(8) Does not sell commercial diet foods or supplements that are required to be purchased for their program.

(9) Does not recommend or prescribe medications, injections, and/or very low calorie diets (e.g., under 1,200 calories per day).

Section 3: Additional Nutrition Resources

The following resources convert evidence-based research into practical lifestyle approaches that promote nutritional fitness, physical readiness, and overall well-being:

1. [MyPlate Program](#). This free online resource provides current nutrition guidance on what and how much to eat from the five food groups using visual diagrams in accordance with the United States Department of Agriculture's recommendations. There is also a free app called "Start Simple with MyPlate" available for download. Both options offer daily food goals and opportunities to join challenges and earn badges.
2. [Go for Green® Program](#). This program was developed to assist service members in selecting high performance foods and beverages in galleys and other military dining facilities using a stoplight-color system (e.g., Green (eat often), Yellow (eat occasionally), and Redeat rarely). The classification of foods is based on calories, total fat, saturated fats, sugar, fiber, and and processing of packaged foods. This program is offered on ships and shore-based galleys to help members select the healthiest foods to support nutrition goals. For more information or media kit supplies, contact your local Galley Program Manager.
3. [Military One Source: Health and Wellness Coaching Program](#). Provides an opportunity to work directly with health and wellness coaches who provide information, support, and accountability for various health topics: weight management, fitness, nutrition, health condition management, stress management, and life transitions. Coaching sessions are available over the phone, real-time online chat, or real-time video session.
4. [Dietary Guidelines for Americans 2020 - 2025](#). Translates current nutrition science into evidence-based recommendations to assist individuals in choosing foods and beverages that contribute to good health, reduce risk of chronic diseases, and meet nutrient needs.
5. [Navy and Marine Corps Force Health Protection Command](#). Offers dietary information and resources on various health promotion topics to include healthy eating.
6. [Defense Health Agency: Defense Centers for Public Health](#). Provides dietary information to promote nutritional fitness and optimize performance.
7. [Official Navy PFA App](#). Provides Physical Readiness Program information needed to maintain optimal health, fitness, and readiness in accordance with Navy standards. There is also a free app to download from the App store and Google play. Topics include: information on basic nutrition, weight management, performance enhancement, and how to calculate how many calories you need to consume and how many calories are in your foods, BMI (body mass index), and more. The app also provides current weblinks to recommended credible nutrition resources.

8. [Operation Supplement Safety \(OPSS\)](#). This is DoD's dietary supplement resource for service members, which provides evidence-based information about prohibited dietary supplement ingredients, popular topics related to dietary supplements, and reporting adverse side effects. The website can be used to "Ask the Expert" or to search the DoD Prohibited Dietary Supplement Ingredient List to make informed decisions about dietary supplements and ergogenic aids.
9. [Human Performance Resource Center \(HPRC\) Performance Nutrition](#). The HPRC is composed of a team of scientists who translate research into evidence-based resources to help service members and their families achieve total fitness and optimize performance. The HPRC website contains articles on various nutrition topics from weight management/healthy eating to performance nutrition.
10. [U.S. Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook](#). This guidebook is a resource that provides Servicewomen with guidance on physical fitness and nutrition during pregnancy and postpartum periods. The nutrition section provides guidelines for appropriate pregnancy weight gain and postpartum weight loss as well as key recommendations during breastfeeding. The guidebook is available on the Physical Readiness Program website and the Official Navy PFA App.
11. [Other Nutrition Resources](#). Table 1 provides a list of other credible resources with corresponding website links where additional valuable nutrition information can be found.

Table 1: Other Nutrition Resources List

Nutrition Resource	Website
Navy Fitness	https://www.navyfitness.org/fitness/nutrition
Nutrition.gov	https://www.nutrition.gov/topics/healthy-living-and-weight
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/
American College of Sports Medicine (ACSM) – Search for “Nutrition”	http://acsm.org/
Navy Operational Fitness and Fueling System	https://www.navyfitness.org/fitness/noffs-training/noffs-resources-and-education/noffs-series-downloads
President’s Council on Physical Fitness – Search for “Nutrition”	http://fitness.gov/
National Institute of Health – Search for “Nutrition”	https://www.nih.gov/ https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/weight-management.htm https://www.nhlbi.nih.gov/education/dash-eating-plan https://www.niddk.nih.gov/health-information/diet-nutrition https://www.niddk.nih.gov/health-information/weight-management/body-weight-planner https://www.niddk.nih.gov/health-information/weight-management/choosing-a-safe-successful-weight-loss-program
Navy Nutrition Website	https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Navy-Nutrition/

APPENDIX A

Weight Management Program Selection Worksheet					
Consideration	Explanation	Program	Program	Program	Program
		ShipShape	RDN/RD	Self-direct	Comm WT Loss
*Reliable	Is program based on reliable resources and research?	Yes	Yes		
Balanced	Does program promote a balanced variety of foods from all food groups?	Yes	Yes		
**Dietary Supplement Use	Does the program replace healthy eating with "special" meals, shake, teas or supplements?	No	No		
	Would you have ability to store and prepare these items in your workspace or while underway?	N/A	N/A		
***Omission	Does the program leave out a particular food or food group?	No	No		
Physical Activity	Does program include 150-250 minutes of weekly physical activity?	Yes	Yes		
Realistic	If weight loss is a goal, is the program focused on safe weight loss of 0.5 to 2 pounds per week?	Yes	Yes		
Sustainable	Are lifestyle changes developed that can be maintained after completing the program?	Yes	Yes		
Goals	Does program assists in establishing individual weight goals?	Yes	Yes		
Support	Does the program provide individualized weight management support and follow-up?	No	Yes		
Cost	Are there fees or costs related to the program?	No	No		
	Does this cost fit into your budget?	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 nutrition resources list provided)				
<p>* Many websites and resources are available to address weight loss, but not all of them provide credible information. Seek out resources from the nutrition resources provided.</p>					
<p>**Programs that replace portion controlled, balanced meals with "special" meals, shakes, teas or supplements are expensive, not sustainable, and fail to focus on lasting lifestyle changes.</p>					
<p>***Programs that leave out a particular food group/type can lead to medical problems and are not sustainable.</p>					
<p>****Every MTF is required to host a ShipShape Program. Additional program facilitators are in place at various Fleet Commands. If you are having difficulty enrolling in a ShipShape Program, please contact the Navy and Marine Corps Force Health Protection Command at: usn.hampton-roads.navmcpubhlthcenpors.list.nmcpnc-shipshape@mail.mil.</p>					

APPENDIX B

Personal Goals and Milestones Tracker Template and Example

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

A	B	C	D	E
Date	Weight/AC/BF% goal	Actual on that date	Fitness Goal	Progress
Current:		N/A		N/A
Check in with LPO/DIVO by:				
Practice PFA by:				
By next PFA:				

Example:

A	B	C	D	E
Date	Weight/AC/BF% goal	Actual on that date	Fitness Goal	Progress
Current 11/1/2023	165, 36, 35%	N/A	Run 1.5 mi in 15 min	N/A
Check in with LPO/DIVO by 12/1/2023	157, 35, 33%	158, 34.5, 32%	Run 1.5 mi in 15 min	16:00
Practice PFA by 1/1/2024	149, 33, 30%	152, 34, 30%	Run 1.5 mi in 15 min	15:25
By next PFA on 2/1/2024	141, 31, 28%	145, 32, 28% Goal partially met	Run 1.5 mi in 15 min	14:58 Goal met

APPENDIX C

Food Log Template

Date	Time	Food Item (Be specific)	Amount (e.g. 1 cup)	Hunger Scale 1 - 5 (1 - not hungry 5 - starving)	Location (e.g., at table, watching TV, in car)	Notes (e.g., feelings, mood, stress level)
10/4/23	1130	Grilled salmon steamed Broccoli Rice	10 oz 1 cup 2 cups	3	At Table	Happy, Overwhelmed