



GUIDE 10

NUTRITION RESOURCES

Approved

Thomas P. Yavorski
N171 Branch Head

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Section 1: Nutrition Introduction

1. Key Component. Nutrition is a key component to any Physical Training (PT) program. A healthy diet combats obesity, maintains optimal weight, boosts the immune system, and prevents disease. Healthy eating also strengthens bones, supports muscle growth, improves mood and brain function and increases longevity. Members are responsible for supporting mission readiness by maintaining individual physical readiness.

2. Command Fitness Leader (CFL)/Assistant Command Fitness Leader (ACFL) Role. This guide provides credible nutrition resources and Fitness Enhancement Program (FEP) nutrition requirements.

a. The CFL/ACFL must distribute Guide 10 (Nutrition Resources) to all FEP participants. This guide may be downloaded as a PDF version onto a mobile device and is also available on the Official PFA mobile application.

b. CFL/ACFLs are responsible for being familiar with the nutrition resources in this guide as well as locally available resources (e.g., nutrition programs through MWR, Health Promotions and/or Fleet and Family Support Services).

c. CFL/ACFLs will record the nutrition option selected by each member enrolled in FEP within PRIMIS and maintain all relevant FEP nutrition documentation.

d. CFL/ACFLs are NOT permitted to directly provide FEP members with individual nutrition counseling (i.e., specific diet or caloric intake recommendations); however, CFL/ACFLs should be knowledgeable about the FEP nutrition options and how best to align FEP member's needs with available nutrition resources.

e. CFL/ACFLs are required to complete dietary supplement education (DoD Instruction 6130.06 (9 MAR 2022)). CFLs will receive dietary supplement education during the five day CFL certification course curriculum and ACFLs must complete the Operation Supplement Safety Site (OPSS) dietary supplements education certification course. The OPSS website (<https://www.opss.org>) is the official site for all resources and information on dietary supplements to include: the prohibited dietary supplement list, a checklist for safely selecting a supplement, the DoD Instruction on the Use of Dietary Supplements and any requirements.

3. Member's Role. The nutrition resource information contained within this guide is intended for all members. Members requiring additional nutrition resources are encouraged to meet with a Navy Register Dietitian.

4. Fitness Enhancement Program Participant's (FEP) Role. FEP participants are required to read this guide in its entirety and choose from one of the FEP nutrition options (described in Section 2) based on FEP enrollment (i.e., BCA or PRT enrollment). FEP participants will provide the CFL/ACFL with any relevant nutrition course completion certificate and supporting documentation. See Guide 9 for detailed information regarding the FEP.

Section 2: FEP Nutrition Requirements and Descriptions of Nutrition Education Options

1. BCA Fitness Enhancement Program Nutrition Education Options. Members enrolled in the FEP for for not meeting the BCA standards will select one of the FEP nutrition requirements options below. If member did not meet both the BCA and PRT standards, the member is required to select a FEP nutrition option from the BCA FEP options only:

- a. Enroll in ShipShape Program
- b. Consult with a Registered Dietitian (RD) or attend a nutrition class (i.e., Weight Loss class or Healthy Eating class) provided by a RD
- 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 their own expense.

2. PRT FEP Nutrition Education Options. Members enrolled in the FEP for not meeting the PRT standards (i.e., passed the BCA) will select one of the following:

- a. Consult with a RD or attend a Performance Nutrition class (located with Health Promotions or Nutrition office on base).
- b. Review Navy Operational Fitness and Fueling Systems (NOFFS) performance nutrition guidelines and resources with CFL/ACFL.
- c. Attend the Mission Nutrition Course
- d. Complete the Nutrition Self-Study Course on the Official Navy PFA App

3. Description of FEP Nutrition Education Options. To assist members in selecting the appropriate FEP nutrition education option, the following descriptions are provided. Additionally, FEP participants may switch between FEP nutrition education options at any time with a notification to the CFL (e.g., ShipShape to Mission Nutrition).

a. Consult or Class with a Registered Dietitian. This option allows for members to either consult with a RD one-on-one or attend a nutrition class. Classes are typically provided either at the MTF or with the local health promotion program.

(1) A RD is also known as a dietitian or registered dietitian nutritionist (RDN). There are differences between a nutritionist and a dietitian. RDs are credentialed providers and meet specific educational requirements, 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 regardless of any qualifications. A RD is the only person authorized to provide members an individualized diet plan. By law in the United States, non-Registered

Dietitians (i.e., Personal Trainers, CFLs, nutritionists, exercise enthusiasts, health professionals) may ONLY provide *general dietary advice* based on national guidelines.

(2) FEP participants, either not meeting BCA or PRT standards, are required to attend at minimum ONE consult. FEP participants are highly encouraged to meet weekly or as many times as the RD recommends.

(3) Nutrition classes for BCA FEP participants will either be a weight loss class or a healthy eating class. PRT FEP participants should attend a performance nutrition class when selecting this option.

(4) 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 4 week evidence-based program is maintained by the Navy Marine Corps Public Health Center and is the official Navy weight management program designed to provide members with the knowledge and skills to enable participants to achieve healthy and permanent weight loss.

(1) The ShipShape Program is offered for all adult beneficiaries and has been found to be successful for members that exceed BCA standards.

(2) Topics include basic nutrition, stress management, physical activity, and behavior modification to promote lifestyle changes that support healthy eating and activity. ShipShape facilitators are trained to mentor an otherwise healthy individual through a weight management program based on national guidelines.

(3) The CFL is the liaison with the Military Treatment Facilities (MTFs) Health Promotion Director and can refer members to the ShipShape Program as needed. Program information and locations can be found at: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/ShipShape/>

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. The course is specifically located in the "Nutrition Guidance" section under "Courses." Members will learn nutrition basics, how to make the healthier food choices, how to maintain weight loss and behavior modifications for a healthier lifestyle. The course requirements are outlined below:

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

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

(3) Members 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. Mission Nutrition is a standardized, science-based two day long 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 includes classroom presentations and practical hands-on activities such as workgroups, in-class exercises, take home assignments, exploring online resources, as well as visiting the local commissary. 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 option is primarily for PRT FEP participants that are interested in performance nutrition. NOFFS is designed to provide the Navy with a world-class performance training resource. The Fueling Series and the Virtual 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. 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 successful program, members are highly encouraged to visit the following website: <https://www.niddk.nih.gov/health-information/weight-management/choosing-a-safe-successful-weight-loss-program>.

Members should also follow the provided guidelines when choosing a commercial weight loss program:

- (1) Ensure the program provides evidenced-based nutrition guidelines.
- (2) Incorporates behavioral treatment or lifestyle counseling.
- (3) Offers information on sleep, stress and benefits and/or drawbacks of weight-loss medicines.
- (4) Focuses on lifestyle changes and not a quick fix (e.g., losing 1-2lb per week on average).
- (5) Provides feedback, monitoring, and support (in-person, online, phone).
- (6) Encourages development of a plan for goal setting, motivation, self-checks.
- (7) If researched, it can be found to have evidenced-based guidelines that support their plan.

(8) Encourages use of portion sizes and eating from all food groups; should be a way of eating for life.

Commercial Weight Loss Programs should NOT do any of the following: eliminate food groups, encourage rapid weight loss of more than 1-2 lb per week, sell foods or supplements that are required to be purchased for their program, and recommend or prescribe medications, shots or very low calorie diets (i.e., under 1200 calories.

Section 3: Additional Nutrition Resources

These tools convert scientific evidence into practical applications to improve eating choices which may improve a member's physical performance, body composition, or general well-being. .

1. MyPlate.gov. This free online resource provides current nutrition guidance on what and how much to eat from the five food groups based on the USDA's recommendations. There is also a free app called Start Simple which is available for download. Both options offer daily food goals, and opportunities to join challenges and earn badges. This basic tool will assist members with making daily balanced food choices. <http://www.myplate.gov/>

2. Go for Green® Program. The Go for Green (G4G) program was developed to assist members in selecting high performance foods and drinks to boost fitness, strength and health. Foods/drinks are identified by color coded label/sticker that are either green (eat anytime), yellow (eat in moderation), or red (limit/avoid). The classification of foods is based on calories, total fat, cholesterol, and sodium content. This program is offered on several ships and galley's to help members select the healthiest foods to support nutrition goals. For more information or media kit supplies, contact your local Galley Program Manager. <https://www.hprc-online.org/faqs/g4g-basics>

3. Military One Source: Health and Wellness Coaching Program. All active duty, reservist, and family members are eligible for working with a health and wellness coach. Health and wellness coaches provide information, support, encouragement and accountability on the following topics: weight management, fitness, nutrition, health condition management, stress management and life transitions. Health and wellness coaching sessions are available over the phone, real-time online chat or real-time video session. <https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/>

4. National Nutrition Guideline. The 2020-2025 Dietary Guidelines for Americans translates the current science on diet and health into guidance to help individuals choose foods and beverages that achieve good health, reduce risk of diet-related chronic diseases and meet nutrient needs. The guidelines can be downloaded from the following website: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

5. Navy and Marine Corps Public Health Center Website: Provides information on different health promotion topics to include healthy eating and nutrition. <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/Healthy-Eating/>

6. Official Navy PFA App. The app is free to download from the Navy app locker and provides nutrition guidance and resources. 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.

7. Operation Supplement Safety (OPSS). OPSS is the DoD's dietary supplement resource for military members which provides the best evidence-based information about dietary supplements. OPSS provides members information about how to choose a supplement and information on third party certifications. The website can be used to search by supplement product or ingredient to make informed decisions about dietary supplements and ergogenic aids. Additionally, the website contains a list of prohibited supplements and ingredients

<https://www.opss.org>

8. Human Performance Resource Center (HPRC) - Performance Nutrition or Nutrition Fitness Webpage. HPRC is composed of a team of scientists who translate research into evidence-based resources to help military members and their families achieve total fitness and optimize performance. The HPRC website has articles and other resources on various nutrition topics from weight management/healthy eating to performance nutrition.

<https://www.hprc-online.org/nutrition/performance-nutrition>

9. 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 and recommendations for pregnancy weight gain/postpartum weight loss, foods/beverages to consume or avoid during pregnancy, and nutritional guidance during breastfeeding. This guidebook is available on the physical readiness program website and on the Official Navy PFA App.

10. Credible Nutrition Resources. Table 1 provides a list of other credible nutrition resources and corresponding website links which provide reliable nutrition information to support Sailor's wellness goals.

Table 1: Credible Nutrition Resource List

Nutrition Resource	Website
NMCPHC – Nutrition Resources	https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Health-Promotion-and-Wellness/Weight-Management/
Myplate.gov	http://www.myplate.gov/
Navy Fitness	https://www.navyfitness.org/fitness/nutrition
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 – See Nutritional Fitness Tab	http://hprc-online.org/
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 https://www.nhlbi.nih.gov/education/dash-eating-plan https://www.niddk.nih.gov/health-information/diet-nutrition
Navy Nutrition Website	https://mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Navy-Nutrition/

APPENDIX A

Weight Management Program Selection Worksheet					
Consideration	Explanation	Program	Program	Program	Program
		ShipShape	RD/N	Self-direct	Comm WT
*Reliable	Is program based on reliable resources and research?	<input type="checkbox"/>	<input type="checkbox"/>		
Balanced	Does program include a balanced variety of foods from ALL food groups?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
**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	Does program include 150-250 minutes of weekly physical activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Realistic	If weight loss is a goal, is program focused on safe weekly weight loss of ½ to 2 pounds?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sustainable	Are lifestyle changes developed that can be maintained after completing the program?	<input type="checkbox"/>	<input type="checkbox"/>		
Goals	Does program assists in establishing individual weight goals?	<input type="checkbox"/>	<input type="checkbox"/>		
Support	Does the program provide individualized weight management support and follow-up?	6 Months after	<input type="checkbox"/>		
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			
<p>* 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.</p>					
<p>**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.</p>					
<p>***Programs that leave out a particular food type can lead to medical problems and are not sustainable.</p>					
<p>****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.navmcpubhthcenspers.list.nmcphe-shipshape@mail.mil.</p>					

APPENDIX B

Personal Goals and Milestones Tracking Template

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	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.

APPENDIX C

Food Log Template

Date	Time	Food Item (Be specific)	Amount (1 cup)	Hunger Scale 1 - 5 1 - not hungry 5 - starving	Location (at table, in car, TV, computer)	Mood (tired, bored, sad, happy, stressed)
10 May	1130	Grilled salmon steamed Broccoli Rice	3 oz. 1 cup 1/2 cup	3	Table	Happy