



GUIDE-10

NUTRITION RESOURCES

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Table of Contents

Section-1: Nutrition Introduction	Page
1. Nutritional Readiness	3
2. Command Fitness Leader (CFL)/Assistant CFL (ACFL) Role.....	3
3. Service Member Role	3
4. FEP Participant Role.....	3
 Section-2: FEP Nutrition Enrollment Requirements and Education Options	
1. FEP Participant Nutrition Education Options	5
2. Description of FEP Participant Nutrition Education Options.....	5
 Section-3: Additional Nutrition Resources	
1. MyPlate Program.....	8
2. Go for Green® Program	8
3. Military Nutrition Environment Assessment (mNEAT).....	8
4. Military One Source: Health and Wellness Coaching Program	8
5. Dietary Guidelines for Americans	8
6. Navy and Marine Corps Force Health Protection Command.....	8
7. Defense Health Agency: Defense Centers for Public Health.....	8
8. Official Navy PFA App	9
9. Operation Supplement Safety (OPSS)	9
10. Human Performance Resource Center (HPRC) Performance Nutrition	9
11. U.S. Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook.....	9
12. Other Nutrition Resources	9
13. Table-1: Other Nutrition Resources List	10
 Appendices	
A. Weight Management Program Selection Worksheet	11
B. Personal Goals and Milestones Tracker Template and Example	12
C. Food Log Template.....	13

Section-1: Nutrition Introduction

1. Nutritional Readiness. Nutrition is a key component to any Physical Training (PT) program in that healthy dietary behaviors enhance performance, contribute to proper weight management, reduce risks for chronic diseases and conditions, strengthen bones, boost the immune system, and increase career longevity. Sailors 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). This guide establishes FEP nutrition enrollment requirements and provides credible resources to support Sailors in achieving and/or maintaining physical readiness. This guide is also available on the Official PFA mobile application.

b. Be familiar with the FEP nutrition education 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 education option within PRIMIS for each member enrolled in FEP and maintain all relevant FEP nutrition enrollment 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 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. Sailors who do not meet Navy physical fitness standards (Body Composition Assessment (BCA) and/or Physical Readiness Test (PRT) or Combat Fitness Test (CFT)) are required to read Guide-10 in its entirety and choose one of the FEP nutrition education 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. The CFL/ACFL must load the completion certificate or supporting documentation within the "files" tile of the member's

contact record in PRIMIS. Completion of a selected nutrition education option is only valid for the current PFA cycle.

Section-2: FEP Nutrition Enrollment Requirements and Education Options

1. FEP Participant Nutrition Education Options. Participants enrolled due to not meeting Navy physical fitness standards (BCA or PRT/CFT) will select one of the below nutrition education options to complete:

a. Nutrition Consult – minimum of one visit - for individual counseling with a RDN or attend a nutrition class (e.g., Weight Management, Performance Nutrition, Healthy Eating) that is led by a RDN.

b. Enroll and participate in a local ShipShape Program.

c. Review Navy Operational Fitness and Fueling System (NOFFS) performance nutrition guidelines and resources with CFL/ACFL.

d. Complete the Nutrition Readiness for Mission Readiness Self-Study Course (formally Nutrition Self-Study Course) on the Official Navy PFA App and MyNavy HR Navy Nutrition webpage.

e. Attend the Mission Nutrition Course.

f. Noom Application (Commercial Program): The only commercial weight management program provided by the Navy. Other commercial programs are prohibited.

2. 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) at any time with proper notification to the CFL.

a. **Nutrition Consult for Individual Visit or Class with an RDN.** This option allows for the FEP participant to meet – minimum of one visit - individually (e.g., one-on-one) with a RDN or attend an appropriate nutrition class that is led by a RDN. 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 are nutritionists, but not all nutritionists are RDNs. RDNs are recognized nutrition professionals who maintain, rigorous credential requirements. The RDN is the only person authorized to provide members with an individualized diet plan. By U.S. law, non-RDN roles (e.g., CFLs, personal trainers, nutritionists, exercise enthusiasts, health professionals) may ONLY provide general dietary advice IAW national guidelines.

(2) FEP participants are highly encouraged to complete additional visits at the frequency recommended by the RDN.

(3) Nutrition education classes will be specific to weight management, performance improvement, and/or healthy eating. FEP participants enrolled due to not meeting PRT/CFT standards should attend a nutrition education class specific to performance and/or healthy eating.

(4) RDNs can be found using the Navy Dietitian locator, which is available on the MyNavy HR Navy Nutrition webpage 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 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. Non-MTF commands are encouraged to implement the ShipShape program to improve member access.

c. **Nutrition Readiness for Mission Readiness Self-Study Course.** This course provides members the opportunity to learn about nutrition basics, making healthier food choices, portion control, and behavior modifications necessary for healthy weight management at their own pace. A completion certificate is generated after reviewing the five nutrition modules and scoring 80% or better on each module quiz. The course is available on the following platforms:

(1) Official Navy PFA App. Free to download from a mobile app store. Within the App, the course is specifically located in the “Nutrition Guidance” section under “Courses”.

(2) MyNavy HR Navy Nutrition webpage. Available under the “Navy Approved Nutrition Programs/Apps” section at <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Navy-Nutrition/>. Due to limitations of this learning platform, the course must be completed in a single session as progress cannot be saved or resumed once exited.

d. **Mission Nutrition Course.** This is a standardized, science-based eight-hour 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-fueling section provided on <https://www.navyfitness.org/fitness/nutrition/noffs-fueling-series> or within the NOFFS app with the member for this FEP nutrition education option.

f. **Noom App (Pilot)**. This pilot program is a commercial weight-loss platform sponsored by the Navy which combines psychology, technology, and coaching to build healthier habits and achieve sustainable weight loss. Enrollment in the pilot satisfies the nutrition education requirement. Eligible participants are Active Component (AC) and Reserve Component (RC) Sailors who were not within body fat percentage standards or documented as pregnancy/postpartum during the CY2025 PFA. Sailors who meet the requirement and would like to participate at no cost, can register at go.noom.com/usnavy (must be all lower case letters).

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 \(G4G\) Program](#). This ship and shore-based 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 Red (eat rarely)). The classification of foods is based on preparation method, calories, total fat, saturated fats, sugar, fiber, sodium, and processing of packaged foods. Additionally, the G4G Program Fidelity Assessment can be used to assess how well your galley is meeting the eight G4G program requirements from marketing to menus. The assessment tool, along with additional information, is available at <https://www.hprc-online.org/nutrition/go-green/start-implement/prep-facility/go-greenr-program-fidelity-assessment-pfa>.
3. [Military Nutrition Environment Assessment Tool \(mNEAT\)](#). The purpose of the mNEAT is to guide the assessment of a military command's nutrition environment and policies related to promoting and supporting healthy eating. Completion of the mNEAT facilitates engagement and collaboration with community stakeholders (i.e., command leadership, food facility managers, and health promotion team members) to support the development of sustainable action plans designed to improve the nutrition environment to support warfighter performance. Details on how to access the web-based app are available at <https://www.hprc-online.org/nutrition/mne/prep/how-access-mneat-app>.
4. [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, online chat, or video session.
5. [Dietary Guidelines for Americans](#). 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.
6. [Navy and Marine Corps Force Health Protection Command](#). Offers dietary information and resources on various health promotion topics to include healthy eating.
7. [Defense Health Agency: Defense Centers for Public Health](#). Provides information to promote healthy living and optimize performance.

8. [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, calculating the number of calories are in your foods, and more. The PFA app also provides current weblinks to recommended credible nutrition resources.
9. [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.
10. [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.
11. [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 webpage and the Official Navy PFA App.
12. [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
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 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			
		ShipShape	RDN Consult	Self-direct	Commercial 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		
	Do 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 assist 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)				
* 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.					
**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.					
***Programs that leave out a particular food group/type can lead to medical problems and are not sustainable.					

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 11/1/2025	165, 36, 35%	N/A	Run 1.5 mi in 15 min	N/A
Check in with LPO/DIVO by 12/1/2025	157, 35, 33%	158, 34.5, 32%	Run 1.5 mi in 15 min	16:00
Practice PFA by 1/1/2026	149, 33, 30%	152, 34, 30%	Run 1.5 mi in 15 min	15:25
By next PFA on 2/1/2026	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)
10/4/25	1130	Grilled salmon steamed Broccoli Rice	10 oz 1 cup 2 cups	3	At Table	Happy, Overwhelmed