NUTRITION CAMPAIGN: ARMY FOOD SERVICE PROGRAM

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Why Nutrition?

Nutrition for the Soldier Athlete
LTG Hertling, DCG, Initial Military Training (IMT), US Army Training and Doctrine Command, directed a Tiger Team to develop an action plan for implementation of healthier DFAC practices.

To optimize IMT Soldiers’ health, performance, & resilience (mental and physical) through:

- Menu and vending options
- Meal preparation and serving
- Education
EXAMPLES OF SOLDIER FUELING CONCEPTS

• Performance Nutrition Education (BCT POI)
• Increase availability of nutrient dense menu options
• Place important fueling foods in prominent locations
• Enhance DFACs with hydration stations as contracts allow
Strategic Plan for the Army Food Program

- Menu and Nutrition Standards
- Dietitian Training on Army Food Program and Food Service Management Board (FSMB) Duties
- Recipe Modifications and Nutritional Analysis
- Ingredient/Product Review and Catalogue
- Standardized Food Service Personnel Training
- Standardized Diner Nutrition Education
Standards

**Nutrition Standards**

- Nutrient intakes for military based on:
  - Recommended Dietary Allowances and Dietary Reference Intakes
  - Dietary Guidelines
  - AR 40-25

- *In military dining facilities, menu planners will establish menus with 30 percent or less of total calories from fat.*

**Menu Standards**

- Practical food and menu guidelines to assist dining facility managers in developing menus that meet recommended nutrient intakes as prescribed by current nutrient standards:
  - AR 30-22
  - DA PAM 30-22

- *No more than one fried vegetable per day on the main line*
Menu Standards
Changes Are Coming....

- Emphasis on fruits & vegetables
- Whole grains & fiber
- Decreasing fried foods
- Cooking with good fats
- Trans fat free spreads/margarines
- Offering omega 3 sources
- Leaner animal proteins
- Lower sodium
- Calcium/vitamin D
Meal Kits

- Nutritional review by Quality Assurance Division at JCCoE
- Must meet nutrition standards
- List of approved meal kits on JCCoE website
Hot Nutrition Topics!

Omega 3
Trans Fat
Sodium
Omega 3 Fatty Acids

- Reduce risk of heart disease
- Lower blood pressure
- Reduce risk of depression, bipolar disorder, ADHD
- Possible protective role in Traumatic Brain Injury (TBI) and PTSD

- **Best** sources fatty fish
  - Wild Salmon
  - Tuna
  - Mackerel

- **Good sources**
  - Omega 3 enriched eggs
  - Flaxseed
  - Walnuts
  - Canola oil
  - Olive oil

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• Increase cholesterol levels
• Products can contain trans fat even if labeled trans fat free due to labeling laws
• Margarine, baked goods, frying

Trans Fat Free

• Recommendation:
  – Keep intake as low as possible
• Alternatives
  – Trans fat free baked goods (when available)
  – Trans fat free spreads
  – Trans fat free frying oils (canola/corn oil blend)
Sodium

• Limit 2300 mg/day

• American Heart Association recommends less than 1500 mg expect Dietary Guidelines to follow

• Americans consume too much salt—average 3436 mg per day!

• Lifestyle changes can delay or prevent the onset of high blood pressure
Recipes

• Need healthier recipes in the DoD system

• Collaborate with NATICK on healthier ingredients for Army recipe cards
  • Fruit-based dessert recipes
  • Lower sodium modifications to recipes
  • Leaner entrees/ proteins

• Code recipes for health value
**Current Nutrition Training for Food Service Personnel**

- AR 30-22 requires Food Program Managers (FPMs) to provide nutrition training to food service personnel

- Each installation develops their own training class or invites an RD to teach them a basic nutrition class

- FMAT checks to see if nutrition training was conducted but no one checks the quality of the training
Future Nutrition Training for Food Service Personnel

• JCCOE / ACES are currently working on a “Healthy Kitchens” Training Program that will standardize the nutrition training across the Army and FPMs can download it from the JCCOE website

• Hands-on, adult learning model training concepts

• Educate on basic nutrition, healthy cooking techniques, and menu development
Standardized Diner/Soldier Nutrition Education

- Color Coded Labeling system that shows which foods on the serving line are high performance foods (green label), moderate performance foods (yellow label) and low performance foods (red label)

- Brochures and posters will also be present in the DFACs to educate diners on how to use the color-coded labeling system
GO FOR GREEN

Eat like an Athlete
Train like a Pro
Perform like a Champion

High Performance Foods
- Premium fuel for the Soldier Athlete
- Fresh and flavorful
- Nutrient dense
- Go for Green: Choose frequently

Moderate Performance Foods
- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

Performance Limiting Foods
- Highest in calories
- Low in vitamins and minerals
- May increase body fat
- Warning: Limit intake

Warrior Logisticians
Collaboration = Working Together

– Merge Food Service and Nutrition Community
  • Food Program Managers, Food Service Operators
  • Dietitian, Chefs, Cooks, Supply

– Healthier Recipes that still taste Great!
– Product Selection with nutrition in mind
– Providing Practical Input for Recipes, Menus
Summary

- **Army Food Program**
  - Nutritious menus and recipes that taste great!
  - Meet nutrition standards
  - Stay abreast of current nutrition research and science

- **Education**
  - Dietitians
  - Food Service Employees
  - Soldiers

Positively impact Soldiers’ Health and development
Contacts

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Questions