



# **Nutrition Update: Understanding the Department of Defense Menu Standards**



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# Agenda



- **Nutrition Guidelines**
- **DoD Menu Standards**
- **Soldier Fueling Initiative**
- **“Go for Green” Program**





# Nutrition Standards (What)

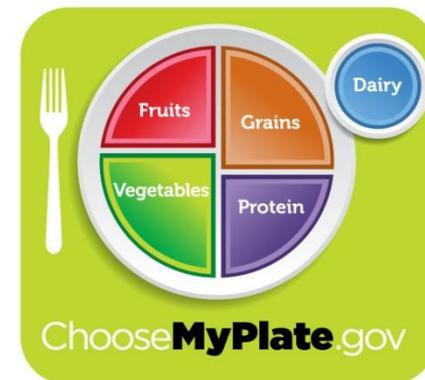
- Based on national recommendations
  - Dietary Guidelines for Americans, 2010
  - Dietary Reference Intakes (DRIs)
  - Recommended Dietary Allowances (RDAs)
  - Choose My Plate / Food Pyramid
- Based on military policies and regulations
  - **AR 40-25**-Nutrition Standards and Education
  - **AR 30-22**-Army Food Program
  - **DA PAM 30-22**-Operating Procedures for the Army Food Program

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



# Menu Standards (How)

- Practical food and menu guidelines to assist dining facility managers in developing menus that meet recommended nutrient intakes as prescribed by current nutrient standards
  - DoD Menu Standards
  - AR 30-22
  - DA PAM 30-22
- At least one main entrée prepared and served without added fats
- No more than one fried vegetable per day on the main line





# DoD Menu Standards



- **Approved by all Services in December 2010**
- **Standards incorporated into the Operating Procedures for the Army Food Program (DA PAM 30-22) and include Soldier Fueling Standards**
- **All Army Dining Facilities will follow DoD Menu Standards**





# Soldier Fueling in the news...



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## The Army plan to change how you eat, drink

By Lance M. Beeson - Staff writer  
Posted: Monday Sep 27, 2010 5:24:58 EDT

Big changes are coming to hundreds of chow halls. Soda fountains will be replaced with milk and juices. Half of all vending machine snacks will be healthy. Short orders will be cut back. Fried foods are out, and baked foods are in.



Chow halls all will feature many of your favorites — with modifications intended to make them healthier. For example, fried chicken and potatoes are opposed to fried chicken or french fries.

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## Yogurt in, soda out: Army revamps training diet

By Alan Scher Zagler - The Associated Press  
Posted: Wednesday Dec 1, 2010 6:20:59 EST

FORT LEONARD WOOD, Mo. — At Army training sites across the nation, the mess hall is beginning to look different. Milk and juice dispensers are replacing soda fountains. Whole grains are being substituted for white bread and pasta.

The military increasingly believes that producing quality recruits starts at the dinner table during basic training, so it has started a new, more emphatic effort to change their eating habits. Now color-coded labels point the way to healthy items, and drill sergeants stand watch over the chow line, calling out soldiers who don't put enough fruit on their plates.

Many new soldiers have never given much thought to their diets, reflecting the poor food choices of a nation with more and more obese people.

## THE LAWTON CONSTITUTION

WEDNESDAY, JANUARY 13, 2011 THE SOURCE FOR INFORMATION IN SOUTHWEST OKLAHOMA www.swoknews.com 75 CENTS

### Sill grub to get healthier

By Mike Mason  
The Daily

It's all part of a Soldier Athlete & Fuel the Soldier Program unveiled Wednesday in Burt Hall, home of 1st Battalion, 19th Field Artillery. The program is an Army initiative spearheaded by Lt. Gen. Mark Hertling, deputy commanding general for initial primary training, and the Office of the Surgeon General. A second element consists of a musculo-skeletal action team to be implemented later this year, according to Col. Gregory P. Dowell, commander of 4th Field Artillery Brigade.

As the Army moves forward in training its soldiers as athletes, it's scrutinizing how its dining facilities fuel those trainees, Dowell said.

The Sanitation Management Command element of Fort Sill is



Mike D. Pachter  
Bundy Snicker of Fueling the Soldier initiative is the creamed chocolate level one of the address that will be offered on a new, healthier menu for soldiers in Combat Sustainment here as of Feb. 1.

## Fort Sam Houston begins fueling 'Soldier Athletes'

By Col. William LaChance, Commander, 32nd Medical Brigade  
MARCH 17, 2011 | ACROSS DOD

EMAIL PRINT SHARE



Soldiers at Fort Sam Houston's Slagel Dining Facility look over "Soldier Fueling" choices. Slagel was the first facility on the installation to switch over to the new menus March 1. Phil Reidinger, Fort Sam Houston

FORT SAM HOUSTON – Since prided itself on transforming even Soldiers. Now it seeks to transform more: "Soldier Athletes."

Faced with the intense physical deployments and the declining the Army has launched a series to not only exercise like an athlete.

These initiatives have already d Soon, they will change how the

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### First Lady Michelle Obama Visits Fort Jackson

2011-1-28 08:00 HST View 10 Photos (0) New Photos (Report)

First Lady Michelle Obama Visits Fort Jackson  
By Susanne Kappeler  
Fort Jackson Public Affairs Office

FORT JACKSON, S.C. Jan. 27, 2011 First Lady Michelle Obama paid a visit here today to learn from Army leaders about how childhood obesity and physical inactivity affects military readiness and what the Army does to combat these effects.

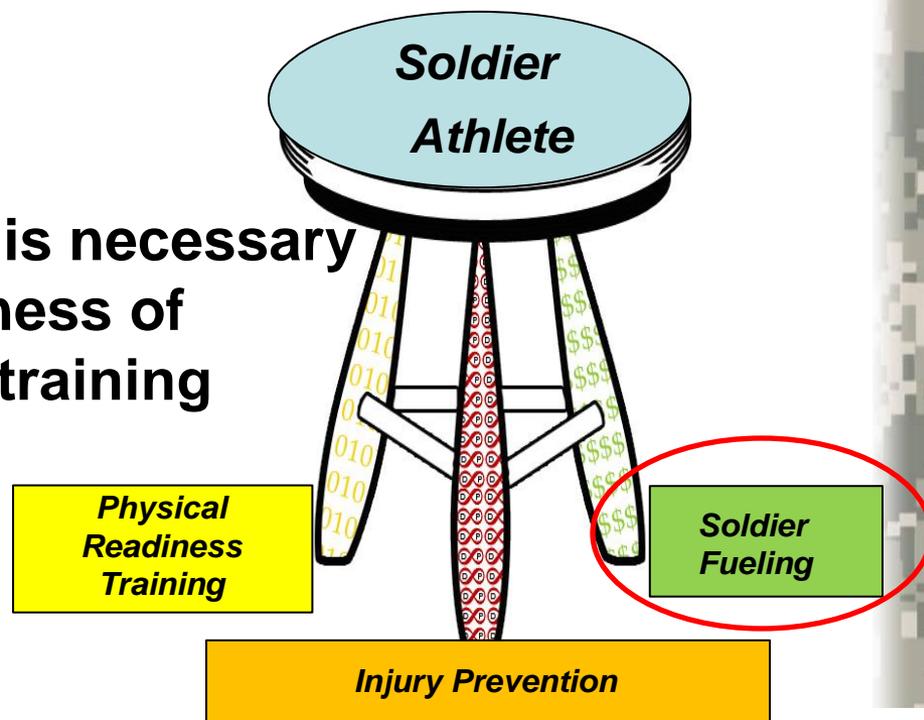




# Soldier Athlete Initiative

## Background

- The Soldier Athlete Initiative combines physical readiness, performance nutrition, and injury prevention
- Prepares Soldiers for strenuous training and the battlefield environment
- The Soldier Athlete Initiative is necessary due to a decrease in overall fitness of recruits entering Army's initial training



**Warrior Logisticians**



# What is Soldier Fueling (SF)?

Concept of promoting and incorporating healthier foods in the dining facilities

## Initial Military Training SF

- ***DOD Menu Standards***
- ***Standardized menus, recipes, preparation methods***
- ***Enhanced nutrition specifications***
- ***Limitations/reduced frequency of certain food items***
- ***No deep fat frying***
- ***Vending machines with healthier selections***
- ***Performance Nutrition Class***
- ***Go for Green Nutrition Education***

## Permanent Party SF

- ***DOD Menu Standards***
- ***No mandatory menu***
- ***Expanded healthier options across the menu***
- ***Moderate portions on indulgent foods***
- ***Go for Green Nutrition Education***



## Fruit/ Fruit Juices

- **Vitamin C sources**
- **Seasonal fruits**
- **Fresh, canned fruit (light syrup/own juice)**
- **Dried fruit**
- **Precut fruit**
- **Orange juice fortified with calcium and vitamin D**
- **Blended juices acceptable but must be 100% juice**





# Vegetables

- **Two cooked vegetables per meal**
  - Served without added fat
  - 1 vegetable must be non-starchy and good source of vitamin A & C
- **One additional vegetable is optional**
- **No more than one fried vegetable per day on main line**
- **Legumes & beans 3 times per week or more**
- **No more than 1 starchy vegetable per meal**





## Salads/Salad Bar

- Leafy green salad with 50% dark green leaves
- Lower fat salad dressings
- Unsalted nuts and/or seeds
- Salad oils (canola, olive, sesame or blends)
- Vinegar (apple cider, balsamic, red, white)
- Lower fat mayo/dressings for chilled based salads





# Grains: Breads

- Sliced bread contains whole grains (white with whole grains or whole wheat with at least 2.5 g fiber per serving)
- One bread type fortified with calcium (150 mg), folate (16mcg) and iron (0.72mg)
- Lower fat pastries at least 3 times per week
- Maintain regular biscuits, pancakes, waffles
  - Whole grain varieties acceptable
  - IMT Soldier Fueling must serve whole grain waffles and French toast





# Grains: Cereals

- **Six whole grain cereals**
  - Four must provide at least 2.5 g fiber per serving
  - Three without sugar coating
  - Two 100% folate fortified
  - IMT Soldier Fueling
    - Two 50% iron fortified
    - Specific sugar requirements for all cereals
- **One hot whole grain cereal choice without added fats or sugars (i.e. oatmeal)**
- **Cereal bars may be offered with at least 2.5 grams of fiber per serving**





# Grains: Starches

- At breakfast, one starch choice such as potato or rice
- Incorporate whole grain and white whole grain pasta and rice into recipes
- Sauces/gravies served separately unless integral part of recipe
- Consider lower sodium sauces and gravies





# Meats & Entrees

- Fish served at a minimum of 3 times per week as main entrée
- At least one fish high in omega-3 served once per week



- Lower fat breakfast meats
  - Less than 12 g fat per serving (patties/links)
  - Less than 5 g fat per serving (turkey bacon, Canadian bacon)
  - Non-pork option can be the lower fat option



# Meats & Entrees



- Lean ground beef & lean ground turkey (fat content not to exceed 10%)
- No more than one fried entrée on main line per meal
- Provide one or more vegetarian main entrees based on demand





# Deli Bar



- Minimum of 3 lean deli meat choices
  - Lean Ham (3oz) less than 95 calories, 3.5 g fat, 1000 mg of sodium
  - Lean Turkey (3oz), less than 85 calories, 1.5 g fat, 900 mg sodium
  - Lean Roast Beef (3oz), less than 105 calories, 3g fat, 1050 mg sodium
  - Other deli meats/deli salads may be offered based on demand
- Minimum of 2 cheese choices
  - American,
  - Monterrey Jack,
  - Swiss
  - Provolone
- Whole grain breads or rolls
  - White wheat acceptable





# Short Order

- Offer at least 1 baked chip product
- Offer lower fat/fat free mayo packets
- Consider bakeable fries / oven fried products





# Dairy and Eggs

- All milk fortified with vitamins A & D
- 1% milk as the primary milk choice
- Lower fat/reduced fat cheese
- Low fat yogurt
- Egg whites, egg substitutes
- DHA enhanced eggs, when available





# Soups



- Offer one reduced sodium soup per day (if more than one soup choice is provided)
- Include vegetarian soups in rotation
- Soup optional in IMT





# Dessert Bar

- Fresh fruit on all dessert bars
- Offer at least one reduced fat dessert
- Trans-fat free baked products (0 g trans fat)
- No Sugar-Free type desserts!





# Fats, Oils, & Sodium



- Trans fat free oils (baking and frying)
- Trans fat free margarine type spreads
- Reduced fat/lower fat salad dressings, mayo
- Sodium free seasonings available at every meal
- Use of lower sodium products (less than 400 mg per serving)



# Beverages



- Milk at every meal
- *Soy milk/lactose free milk fortified with nutrients similar to cow's milk*
- 100% juices at breakfast
  - IMT Soldier Fueling 100% juice at all meals
- Coffee, tea (unsweet/sweet)
- Carbohydrate-electrolyte beverages
- Sodas (mix of caffeine/caffeine free/diet)
  - No sodas in IMT Soldier Fueling
- Sugar free beverages based on demand





# Condiments

- Coffee creamers must contain zero grams of trans fat
- Flavored coffee creamers, reduced fat varieties
- Fruit spreads or low sugar jam/jelly
- Sugar free syrup based on demand
- Artificial sweeteners available



# Product, service, and preparation standards

- Prepare entrees more often using lower fat preparation methods rather than deep fat frying
- Use lower fat/reduced fat cheese in cooking when appropriate
- Offer low fat/reduced fat cottage cheese, sour cream, cream cheese, shredded/sliced cheese





# Product, service, and preparation standards

- Vegetarian entrees that are rice, pasta, potato based may be served as a side item in smaller/half sized portions
- Placement of vegetables first on the serving line followed by starches, and entrees
- Allow diners additional servings of vegetable side dishes, if available





# “Go for Green” Program

- Army wide Nutrition Education Program
- Providing a quick visual guide for diner product selections based on nutritional value profiles
- Food items are labeled green (high performing foods), amber, or red (performance inhibiting foods) depending on overall benefits
- Soldiers are encouraged to “Go for Green”
- The program has posters providing explanation of the color coding system:
  - Green – Eat Often
  - Yellow – Eat Occasionally
  - Red – Eat Rarely

The poster features a black star with a yellow and orange 'S' and 'A' logo, labeled 'SOLDIER ATHLETE'. The main title 'GO FOR GREEN' is in large green letters. Below are three colored sections: green for High Performance Foods, yellow for Moderate Performance Foods, and red for Performance Limiting Foods. Each section lists characteristics and advice.

**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
- Lowest in vitamins and minerals
  - May hinder performance
  - Warning: Limit intake



# Army Permanent Party Dining Facilities

## •Current Program Review:

➤ Review Dining Facility operations – Menus, Catalog, Recipe Cards, Army Menu Standards met

➤ Suggested Menu Changes across these components:

- ✓ Beverages
- ✓ Salad Bar
- ✓ Deli Bar
- ✓ Breads and Pasta
- ✓ Preparation Changes
- ✓ Serving Changes

➤ “Go for Green” implementation

 <b>Recipe Name</b> <b>High Performance Food</b> <ul style="list-style-type: none"><li>• Premium fuel for the Soldier Athlete</li><li>• Fresh and flavorful</li><li>• Nutrient Dense</li><li>• Go for Green: Choose frequently</li></ul>	 <b>Recipe Name</b> <b>High Performance Food</b> <ul style="list-style-type: none"><li>• Premium fuel for the Soldier Athlete</li><li>• Fresh and flavorful</li><li>• Nutrient Dense</li><li>• Go for Green: Choose frequently</li></ul>
 <b>Recipe Name</b> <b>Moderate Performance Food</b> <ul style="list-style-type: none"><li>• Higher in calories</li><li>• Lower in vitamins and minerals</li><li>• Use Caution: Select less frequently</li></ul>	 <b>Recipe Name</b> <b>Moderate Performance Food</b> <ul style="list-style-type: none"><li>• Higher in calories</li><li>• Lower in vitamins and minerals</li><li>• Use Caution: Select less frequently</li></ul>
 <b>Recipe Name</b> <b>Low Performance Food</b> <ul style="list-style-type: none"><li>• Highest in calories</li><li>• Lowest in vitamins and minerals</li><li>• May hinder performance</li><li>• Warning: Limit intake</li></ul>	 <b>Recipe Name</b> <b>Low Performance Food</b> <ul style="list-style-type: none"><li>• Highest in calories</li><li>• Lowest in vitamins and minerals</li><li>• May hinder performance</li><li>• Warning: Limit intake</li></ul>



# Questions ???