



NUTRITION CAMPAIGN: ARMY FOOD SERVICE PROGRAM



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Why Nutrition?





Soldier Fueling Tiger Team

- 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.*

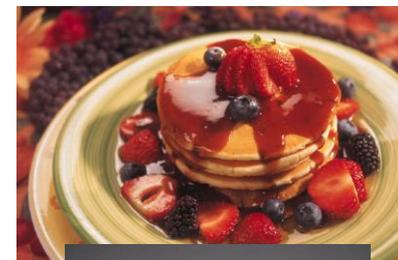
Menu Standards

- 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





Trans Fat Free

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



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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



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

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Questions

