Maintain a Healthy Weight

- Maintain a healthy weight by balancing the number of calories that you eat and drink with your activity level.
- Avoid extreme diets or drastic weight loss. Rapid weight loss often leads to a loss of lean muscle mass, a slower metabolism and poor health.
- Eat better while eating less - limit portion sizes to control calorie intake.
- Be as physically active as you can be.
- Talk to your health care provider or registered dietitian if you have concerns about your weight.

Sleep is critical for maintaining healthy weight. Even as people get older they still require 7-8 hours of quality sleep every day. Talk to your healthcare provider if you are having trouble sleeping (falling asleep or staying asleep) or if you are always feeling fatigued or tired.

For more tips check out the USDA's 10 Tips Nutrition Education Series: http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html

Smartphone App Resources:

- **MyFitnessPal®**
- **Lose It!®**
- **Fooducate™**
- **SparkPeople®: Diet and Fitness Tracker**
- **Healthy Dining Finder®**
- **eaTipster**
- **MealBoard**
- **Cooking PlanIt™**
- **My Family Meal Planner Light**

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Performance TRIAD

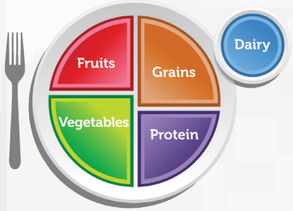
Learn more about the Performance TRIAD at HTTP://ARMYMEDICINE.MIL

ARMY FAMILY IS AN UNSTOPPABLE FORCE

Eat Well, Conquer the Day

Nutrition Tips for Retirees

- Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is part of the foundation of maintaining peak performance and good health.
- Recent studies show those who follow dietary guidelines tend to have a better quality of life as they age.
- Aim to improve your eating habits by controlling your portions, making healthy food decisions, preparing meals ahead of time, and snacking smart.
- It's never too late to start making healthy choices. You may need to change your eating habits to get the nutrients you need.
- Make smart choices from every food group – check out www.choosemyplate.gov to learn how to use MyPlate as a guide to healthy eating.



- Make it a habit to routinely eat nutrient-dense, health-protective foods to:
  - » support top performance
  - » protect your immune system
  - » reduce the risk of heart disease, cancer, osteoporosis, and other debilitating diseases
  - » manage chronic health conditions such as diabetes and arthritis
- **Protein:** Protein requirements increase slightly with age.
  - » Protein is essential to maintain muscle mass, fight infection, and recover from an accident or surgery.
  - » Include protein in at least two meals per day.
  - » Great protein sources include: lean meat, fish, poultry; low-fat dairy (milk, greek yogurt, cottage cheese); soy products, nuts and nut butters; and legumes.
- **Fats:** Plants and fish oils have a health-protective, anti-inflammatory effect. Enjoy a "healthy fat" at each meal – good sources include nuts/seeds, fatty fish, olive or canola oil and avocados.
- **Calcium and Vitamin D:** It is important to keep your bones and teeth strong. Although food sources are best, consider talking to your health care provider about calcium or vitamin-D supplements.

- **Fiber:** Eat enough fiber-rich foods to have regular bowel movements. Fiber can also reduce cholesterol and risk of heart disease. Find fiber in foods such as bran cereal, oatmeal, legumes, whole-grains, nuts and seeds, and fruits and vegetables.
- **Vitamins:** Brightly colored fruits and vegetables are the best natural vitamin sources. Strive for 8-10 daily servings of fruits and vegetables.
- **Stay Hydrated - Increase Your Water Intake:**
  - » Choose water more often over sugary beverages, however limit sugar-sweetened beverages to less than 12 ounces per day.
  - » Drink water before, during and after exercise.
  - » Carry a bottle of water with you while you are at work, running errands, or in your car.
  - » If you drink alcoholic beverages, do so sensibly and in moderation.
  - » Have water with every meal and snack.
  - » Add a wedge of lemon or lime to give your water some pizazz.

- **Oral Health**. Good oral health and proper nutrition work together.
  - » Good oral health increases the likelihood of higher and more varied nutrient intakes, and a better quality diet.
  - » Poor oral health can make chewing difficult.
  - » Poor diet may affect immune system functioning and increase risk of developing gum disease.

Visit your local Army Wellness Center!

Army Wellness Centers (AWCs) provide wellness services to Soldiers, adult Family Members, Retirees, and Department of the Army (DA) Civilians at NO COST:

- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Stress Management Education and Biofeedback
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

To locate the AWC nearest you, visit http://phc.amedd.army.mil/ORGANIZATION/INSTITUTE/DHPW/Pages/ArmyWellnessCentersOperation.aspx.

Check out these additional resources:

- **The Operation Supplement Safety (OPSS) App** provides important information about dietary supplements and how to choose supplements wisely. The App is available via Google Play Store and iTunes. http://hprc-online.org/dietary-supplements/opss.
- **Army H.E.A.L.T.H.** is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at http://armyhealth.pbrc.edu.
- **SuperTracker** is a website developed by the U.S. Department of Agriculture (USDA) to create a custom nutrition and activity plan based on your goals. Visit https://www.supertracker.usda.gov/default.aspx and www.choosemyplate.gov to learn more about healthy eating.
- **Go4Life** provides motivational tips and free resources to begin and maintain an active lifestyle. http://go4life.nia.nih.gov.