



# LOOKING AND FEELING GOOD STARTS FROM THE INSIDE OUT

- ➔ Select low-fat and fat-free dairy products.
- ➔ Make half your plate full of fruits and vegetables.
- ➔ Eat heart healthy fats like vegetable oil (olive or canola oil), nuts, seeds, and avocados.

*Performance TRIAD*

*Plan for Nutrition*



**U.S. ARMY**

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