



EAT WELL TO LIVE WELL

- Match your calories to your activity level. The more active your lifestyle the more calories you need from nutrient-rich foods.
- Focus on whole grains, lean proteins, fruits, vegetables, and low-fat dairy.
- Make water your first choice for hydration.

Performance TRIAD

Plan for Nutrition



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

