

# Weight management WHILE deployed

1. Utilize MyPlate to build DFAC meals (see back)

- ½ plate non-starchy vegetables

- Request canned (low sodium) veggies in care packages if DFAC has limited options
- (Potatoes, peas, and corn *do not* count)



2. **Avoid** sugary beverages (soda, juice, lemonade, Gatorade, chocolate milk)

- Gatorade/Powerade only for long foot patrols or workouts longer than 1 hour

3. Care packages: eat 1 licky/chewy/baked good; **share** the rest

## Weight management AFTER redeployment

1. Be aware of the calories in alcohol...

**200 CALORIES**



**660 CALORIES**

2. Eat out with a plan

- Take ½ the entrée home or split it with someone
- Ask for an extra side of veggies or a salad
- Skip the appetizer

3. **Avoid** sugary beverages!

- Soda, juice, lemonade, Gatorade, Starbucks, sweet tea

Make ***MOST*** of your meals look like the Athlete's Plate

- **Fruits and Veggies:** Make your plate colorful
- **Protein:** the less legs the better
- **Grain:** choose whole grains

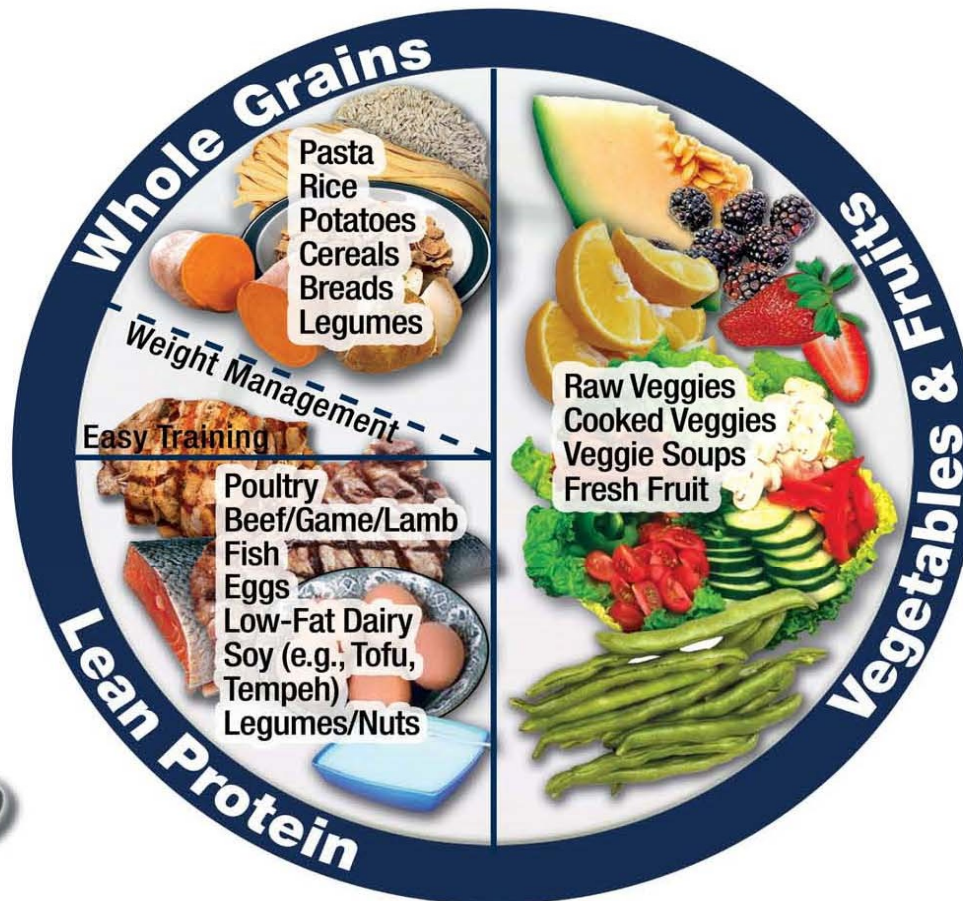
## EASY TRAINING / WEIGHT MANAGEMENT:

### FATS

1 Teaspoon



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages



### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup



# DFAC examples of healthy meals

## Breakfast

- 3 hardboiled eggs
- 2 pieces whole wheat toast
- 1 piece whole fruit
- 1 glass non-fat milk
- 1 glass water

OR

- Bowl of oatmeal with peanut butter
- 1 piece whole fruit or deli line peaches/pears
- 1 glass non-fat milk

## Lunch/Dinner

- Meat entrée
- 1 scoop mashed potatoes
- 1 scoop green beans
- Small salad (if available)
- 1 glass water

OR

- Turkey sandwich (3 slices turkey, whole wheat bread, lettuce, tomato, onion)
- 2 scoops hot line vegetable
- 1 glass non-fat milk
- 1 piece whole fruit or deli line peaches/pears
- 1 glass water

OR

- Tuna packet (care package)
- 2 scoops hot line vegetable
- 1 scoop pasta/rice

