

PMCS Your Diet

Use Your Dashboard Indicators

To Avoid Weight Gain While Recovering From Injury

1. Don't Skip Meals: Fuel Gauge



DO: Eat every 3-5 hours

No time? Keep healthy choices in your home, office, car or barracks room (cereal, milk, and fruit after exercise in the AM; bring a sandwich and fruit to work if you find yourself missing lunch; pretzels as a snack).

WHY: Your body is built to survive starvation

Without food, your body burns calories *A LOT slower!* (That makes it easier to gain weight and more difficult to lose weight)

Skipping meals causes overeating at the next meal because you are too hungry

2. Eat-Out Less Often: Tacometer



DO: If you do eat out, eat at your DFAC

Dining Facilities have healthier choices such as a salad bar, hot vegetables, and fruit to help balance your meal.

Substitute baked beans or a small salad as an alternative to French fries. Put the dressing on the side and use a low calorie dressing.

WHY: Restaurants serve too much food, causing people to overeat

- ✓ **1800 calories** = double cheeseburger, large fries and large soda (a day's worth of calories)
- ✓ **1200 calories** = a chicken taco salad and large soda
- ✓ **1220 calories** = a serving of fettuccine alfredo
- ✓ **700 calories** = a sausage, egg and cheese croissanwich with juice

3. Drink Zero-Calorie Beverages: Coolant



DO: Drink Water!

Reduce the amount of: **fruit juice**, energy drinks, sports drinks, cappuccinos, sweet tea, regular soda and Kool-aid.

Reduce alcohol consumption. If you drink, drink in moderation.

WHY: Liquid calories add up quickly and don't satisfy the need to chew or to feel full

Two 20-oz energy drinks, coffees, sweet teas, juices or soda per day for 1 week equal the calories in a pound of fat

All alcohol is stored as fat:

- ✓ A 6-pack of beer equals ~900 calories

4. Decrease the Fat/Calories: Pressure Gauge



DO: Eat more fruits and vegetables to help fill you up

Avoid the high calorie meats: bacon, sausage, bologna, salami, hotdogs, ribs, any breaded or fried meat, and poultry with skin.

Avoid the high calorie extras: mayonnaise, salad dressings, "special sauces", white sauces (alfredo or cream sauces), melted or shredded cheese.

Check the nutrition label for calories on pre-prepared foods.

WHY: Fruits and vegetables satisfy the need to chew and increase the sense of fullness with few calories.

The meats and "extras" are high in calories, but don't contribute to a sense of fullness.



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Shape Your Plate

Eating Healthy in a Deployed Environment or Garrison



Drinks:

- ✓ Choose water, low-fat or fat-free milk, or zero-calorie beverages.
- ✓ Limit juice to one 8oz glass per day.
- ✓ Sports Drinks are not needed unless you are *very* active.

Limit Meat to ¼ of your Plate:

- ✓ You can eat medium fat meats and still eat healthy.
- ✓ Avoid the high fat meats: bacon, sausage, ribs, hot dogs, bologna, salami, breaded or fried meat, poultry with skin & cheese.



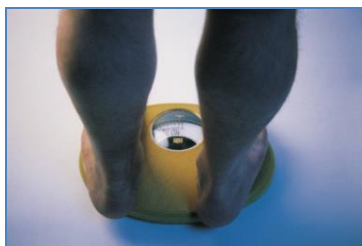
Limit Starch to ¼ of your Plate:

- ✓ Bread, rice and pasta are an important part of your diet. But when you don't balance it with fruit and vegetables, the calories add up too quickly.
- ✓ Choose starches without added fat or cheese. Fat is what gives pastries the flaky texture.
- ✓ High fat starches are: Mac-n-cheese, fried rice, biscuits, croissants, commercial pastry, cakes and pies.

Vegetables and Fruit

- ✓ ½ of the food you eat should be a vegetable or fresh fruit.
- ✓ Be sure to eat non-starchy vegetables as a regular part of your diet.
- ✓ Starchy vegetables are nutritious and should be a part of your diet (corn, potatoes, peas, and all beans except green beans), but many people eat too many starchy vegetables and not enough of the others.





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How Much Should I Eat?

You Are a Male with a Highly Restricted Profile

Aim for 1800-2200 calories (kcal) per day with ~220 grams (g) carbohydrate and 65-100 g of protein

Try This Menu "Preventive Maintenance"	Kcal/fat (g)	Carbs (g)	Protein (g)	Versus	Instead of This Menu "Tape me, 1SG!"	Kcal/fat (g)
<u>DFAC Breakfast</u> -1 cup oatmeal -1 tablespoon brown sugar -1 tablespoon raisins -1 slice toast -½ tablespoon peanut butter	160/2 45/0 60/0 80/1 50/4 395/7	30 10 15 15 0 70	6 0 0 3 2 11		<u>Shoppete Breakfast</u> -Honeybun -Cappuccino, 16 oz	400/22 150-200/0 550-600/22
Subtotal					Subtotal	
Apple	60-120/0	15-30	0		Gatorade, 16oz	120/0
<u>DFAC Lunch</u> -Hamburger (no cheese, mayo, bacon) with lettuce, tomato, onion, pickles, ketchup, mustard -Baked beans -Side salad (low-fat dressing, vegetables only) -1 cup 1% milk	160/2 225/15 160/3 50/5 100/2 795/27	30 0 30 10 12 82	6 21 7 0 8 42		<u>Burger King</u> -Double Whopper with cheese and mayo -Large fries -Large soda	1060/ 69 500/25 290/0 1850/94
Subtotal					Subtotal:	
Banana	60-120 /0	15-30	0		-2 oz bag of Cheetos	320/20
<u>DFAC Dinner</u> -Fried chicken (remove the skin) -Mashed potatoes (no gravy), ½ cup -Green beans, 1 cup -1 cup 1% milk	220/20 125/5 50/0 100/1 475/26	0 15 10 12 37	28 3 2 8 41		<u>Popeye's</u> -Breaded chicken breast -Red beans and rice -Biscuit -Large sweet tea,	510/30 340/19 240/13 290/0 1380/ 62
Subtotal					Subtotal	
-3 cups air popped popcorn -Diet Sprite	80/1	15	3		-20 oz Mountain Dew -3.3 oz bag of microwave popcorn	240/0 350/28
Daily Total	1865 /61	234	97		Daily Total	4810/ 226

*Provided by the Dietitians of Blanchfield Army Community Hospital, FT Campbell, KY Oct 09.
To schedule classes or appointments, call 798-8600*



PMCS Your Diet

How much Should I Eat?

You are a Female with a Highly Restricted Profile:

Aim for 1200-1500 calories (kcal) per day with ~180 grams (g) carbohydrate and ~60 g of protein

Try This Menu "Preventive Maintenance"	Kcal/fat (g)	Carbs (g)	Protein (g)	Versus	Instead of This Menu "Overhaul Required"	Kcal/fat (g)
-1 cup oatmeal -1 Tablespoon Brown Sugar -1 Tablespoon Raisins Subtotal	160/2 45/0 60/0 265/2	30 10 15 55	6 0 0 6		-Honeybun -Cappuccino, 16 oz Subtotal	400/22 150-200/0 550- 600/22
Apple	60-120/0	15-30	0		Gatorade, 16oz	120/0
<u>DFAC Lunch</u> -1/2 Hamburger (no cheese, mayo, bacon) with lettuce, tomato, onion, pickles, ketchup, mustard -Baked Beans -Side Salad (low-fat dressing, vegetables only) -1 cup 1% milk Subtotal	80/1 110/7 160/3 50/5 100/2 500/18	15 0 30 10 12 67	3 10 7 0 8 28		<u>Burger King</u> - Whopper with cheese, mayo -Large Fries -Large Soda Subtotal:	760/ 48 500/25 290/0 1550/ 73
Banana	60-120 /0	15-30	0		-2 oz Bag of Cheetos	320/20
<u>DFAC Dinner</u> -2 oz Fried Chicken (remove the skin) ex-1 drumstick -Mashed potatoes (no gravy), ½ cup -Green beans, 1 cup -1 cup 1% milk Subtotal	110/10 125/5 50/0 100/1 365/16	0 15 10 12 37	14 3 2 8 27		<u>Popeyes</u> -Breaded Chicken breast -Red Beans and Rice -Biscuit -Large Sweet Tea, Subtotal	510/30 340/19 240/13 290/0 1380/ 62
-2 cups air popped popcorn -Diet Sprite	50/1	10	2		-20 oz mountain dew & a 3.3 oz bag of microwave popcorn	240/0 350/28
Daily Total	1300 /37	199	63		Daily Total	4510 205/

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