



# Nutritional Fitness in the USMC

## **FACTS:**

- Science-based and effective nutrition strategies to help optimize performance during training, operations, and daily work life
- Focuses on nutrient composition, total intake, timing, location, and physiological and psychological impact
- Designed to optimize resiliency, readiness, lethality and preserve health
- Nutritional fitness is an essential component of total force fitness as poor nutrition degrades mission readiness and contributes to a variety of other health disorders

## **REQUIREMENTS/REFERENCES:**

- MCO 10110.49 – Nutrition and Menu Standards for Human Performance Optimization
- MCO 10110.14N – Marine Corps Food Service and Subsistence Program
- DoD 1338.10 – DoD Menu Standards
- USDA Dietary Guidelines for Healthy Americans
- USMC Fueled to Fight® Nutrition Education Program
- USMC Buyer's Guide for ingredient evaluation to industry on cleaner products

## **USMC FUELED TO FIGHT® MESS HALL NUTRITION EDUCATION PROGRAM:**

- This “stoplight” rating system is an educational tool with posted signage to assist mess hall patrons in selecting healthier options more frequently and will be displayed on the main line.
- Requires an examination of each food/recipe as a whole, including additives, degree of processing, and nutrient values (density and quality).
- GREEN – Engage at Will: These foods are great choices for overall health, physical and mental performance.
- YELLOW – Well Aimed Shots: These foods should be consumed occasionally because they are higher in total fat and saturated fat.
- RED – Check Fire: Limit the intake of these foods because they are the highest in unhealthy fat and may decrease performance.
- The specific nutrient criteria for the program evaluates total and saturated fat, fiber, sugar, sodium, and micronutrient values for military dietary reference intake (MDRI).



## **GARRISON DINING:**

- USMC Fueled to Fight® performance fuel requirement on main line for entrée, side, and vegetable
- Cold Bar (nutrient dense/quality items) for a more robust “salad bar” at all meals
  - Assorted seeds/nuts (unsalted), trail mixes -- for yogurt parfaits with fruit or stand alone, hard cooked chopped eggs, yogurt, shredded cheese, dried fruit, fresh seasonal fruit, celery, carrots, tomatoes, spinach, mushrooms, bell peppers (items to add to scrambled eggs or stand-alone)
- Convenience Line Concept with a variety of “Engage at Will” options for carryout
- Healthier choices presented up front on main line for ease of access and fusion waters
- Entrées, side dishes, and other menu items will incorporate use of contrasting and complementary foods and spices and reflect popular food trends
- Whole grain options will be provided throughout the menu to minimize empty calories
- Good sources of vitamin A or vitamin C at every meal (colorful, dark leafy and deep yellow, orange and red vegetables)
- Egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products based on customer demands
- Leaner, high quality proteins will be available
- Comfort foods (Red – “Check Fire”) will NOT be eliminated from the garrison dining environment (cheeseburgers, pizza, desserts, side items, sandwiches, etc)
- Variety of menu concepts/specialty bars offering highly acceptable nutritious entrees, as an alternative to the main line or convenience line to satisfy the palate of all patrons
- Patrons will have the opportunity to provide feedback on acceptability of menu items
- Additional portions (“seconds”) offered during each dining visit
- Cost effective dining for uniformed patrons and no cost to Marines on essential station messing (ESM) and entitled to subsist at government expense (meal cards)

