

# Choose food first!

Food should be your first choice to help you meet your goals because supplements...

- Often are unnecessary
- Are not approved by FDA before being sold
- Can be dangerous
- Can be expensive

Whole foods are a natural powerhouse of nutrients such as protein, carbohydrate, vitamins, and minerals that promote energy, muscle growth, performance, and healthy weight maintenance. Whole foods are superior to supplements and should be your first choice, whatever your goals might be. What's more, whole foods taste better, are safer, and generally cost less!

If you decide to use a supplement, be informed and...

Look for evidence of third-party testing on the label:



Third-party testing ensures...

- What's on the label is inside the bottle—and nothing else
- Quality of manufacturing

Find us on:

**FACEBOOK** @OperationSupplementSafety

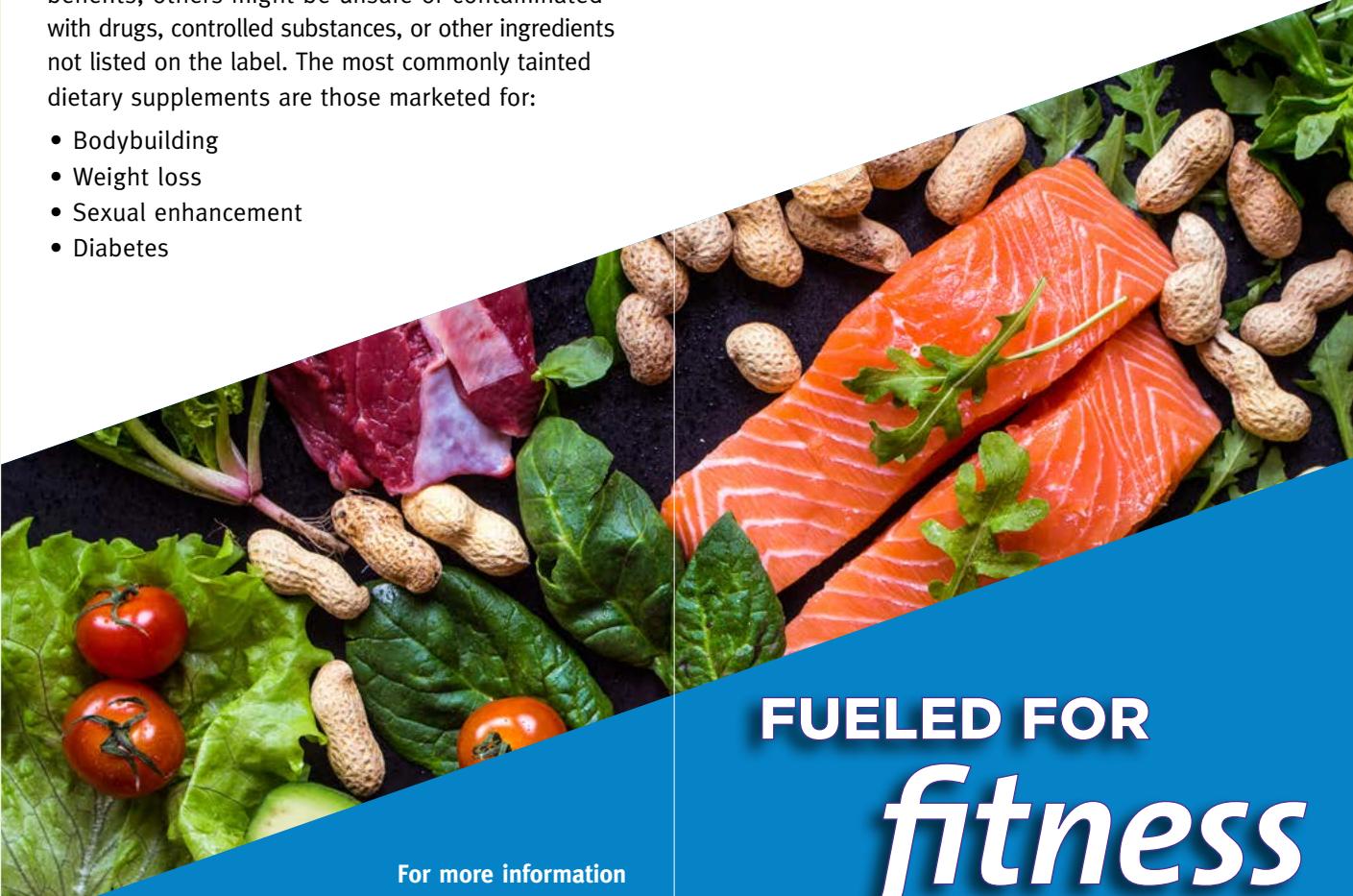
**TWITTER** @opssinfo

## What is Operation Supplement Safety?

OPSS is a DoD-wide initiative to educate the military community about dietary supplements and provide the tools for them to be informed supplement users—or non-users.

Although some dietary supplements can offer some benefits, others might be unsafe or contaminated with drugs, controlled substances, or other ingredients not listed on the label. The most commonly tainted dietary supplements are those marketed for:

- Bodybuilding
- Weight loss
- Sexual enhancement
- Diabetes



For more information about dietary supplements and nutrition, visit:

**Operation Supplement Safety** | [opss.org](http://opss.org)

**Human Performance Resource Center** | [hprc-online.org](http://hprc-online.org)

**U.S. Food and Drug Administration** | [fda.gov](http://fda.gov)

**MyPlate** | [choosemyplate.gov](http://choosemyplate.gov)

**Office of Dietary Supplements** | [ods.od.nih.gov](http://ods.od.nih.gov)



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*fitness*  
**OPSS.ORG**



# Think you need

supplements to fill the gaps in your diet or reach a certain goal? Think again!

You can get all the nutrients you need from food.

**SUPPLEMENT:** Branched-chain amino acids

**CHOOSE THESE FOODS INSTEAD:**

- Fish/seafood
- Meat/poultry
- Nuts/seeds
- Lentils

**SUPPLEMENT:** Whey or casein protein

**CHOOSE THESE FOODS INSTEAD:**

- Milk/yogurt
- Cottage/ricotta cheese

**SUPPLEMENT:** Weight loss or energy booster

**CHOOSE THESE FOODS INSTEAD:**

- Water
- Whole grains
- Fruits/vegetables

**SUPPLEMENT:** Bodybuilding

**CHOOSE THESE FOODS INSTEAD:**

- Fish/seafood
- Meat/poultry
- Dairy/eggs
- Beans



With a balanced eating plan, dietary supplements are not needed (unless determined by a healthcare provider).

## Follow these tips for healthier eating:

### Eat regular meals and snacks

- Don't skip meals
- Plan ahead

### Eat a variety of fruits and vegetables

- Fresh fruit or veggies of all colors
- Canned/jarred/frozen fruits & veggies
- Dried fruit

### Choose more whole grains

(at least half your grains should be whole)

- Whole-wheat breads, bagels, tortillas, & pastas
- Brown rice, oatmeal
- High-fiber, low-sugar cereals, & granola/snack bars

### Incorporate lean protein and dairy sources

- Low-fat milk/chocolate milk (or soymilk)
- Low-fat Greek yogurt
- Beef jerky and other lean meat, fish, or poultry
- Eggs
- Beans

### Add healthy sources of fat

- Nuts, seeds, & nut butters
- Avocados
- Plant-based oils (for example, olive & canola oils)

### Consume alcohol in moderation

- Men – up to two drinks per day
- Women – up to one drink per day

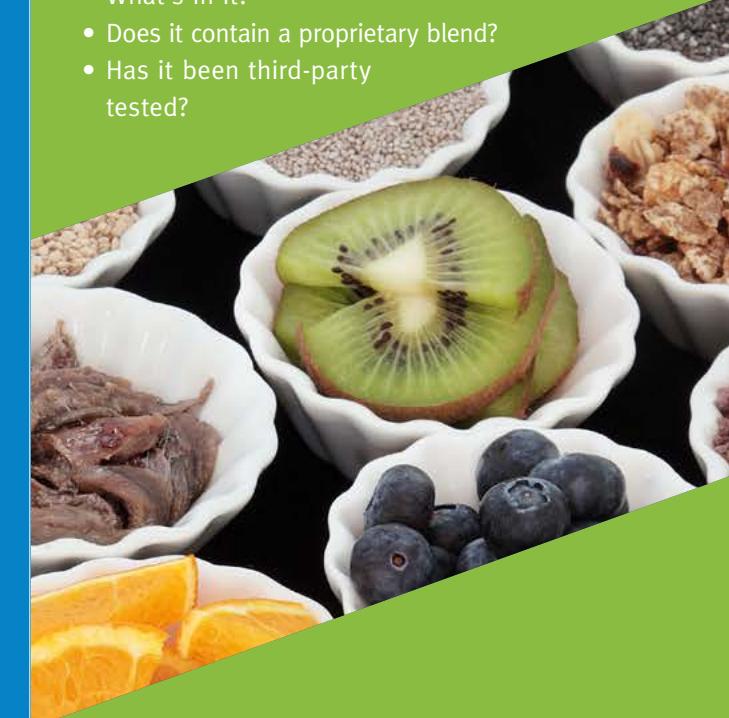
### Limit caffeine intake

- Caffeine is found in coffee, tea, energy drinks, soda, & dietary supplements.

Dietary supplements come in several forms—pills, capsules, tablets, powders, liquids, gels—with an even greater variety of ingredients. Be informed before putting them in your body!

## Before you take a supplement, ask yourself:

- Do I really need it?
- What do I expect it to do?
- Does it work?
- Is it safe?
- What's in it?
- Does it contain a proprietary blend?
- Has it been third-party tested?



Some supplements can be important for your health. But keep in mind that supplements can interact with medications or other supplements you might be taking. Be sure to let your healthcare provider know which dietary supplements you are considering before you buy them.