

# Healthy Nutrition

There is a saying, "You are what you eat!" The problem is that in this fast paced world many people don't have access or even know - *what is the healthiest choice to eat?* Learning what is healthy, what is best for weight reduction, and what will increase performance is vital for success. At the Army Wellness Center we provide not only metabolic testing, but educational courses that provide current information about healthy nutrition habits.

## Personalized Meal Plans

After scheduling a metabolic assessment at your local AWC, which will tell you how many calories your body needs, you will be given a personalized Meal Plan.



Developed by professional Registered Dietitians, your meal planner is based on USDA guidance as well as the Food Pyramid. By following the meal planner you will be eating the right combination of carbohydrates, fats and protein for safe and healthy weight loss.

As you lose weight, be sure to have another Metabolic Test done at the Wellness Center to make sure you are eating the right number of calories

## Some Healthy Tips:

- ◆ Skipping breakfast is the # 1 bad habit of overweight individuals. Breakfast fires up your metabolism.
- ◆ Don't shop when you are hungry.
- ◆ Eat Smart When You Eat Out:  
Opt for grilled menu items over fried.
- ◆ Order rice or baked potato instead of French Fries.
- ◆ Order small portion sizes or an appetizer—restaurant portions tend to be large.
- ◆ Eat half a sandwich instead of a whole.

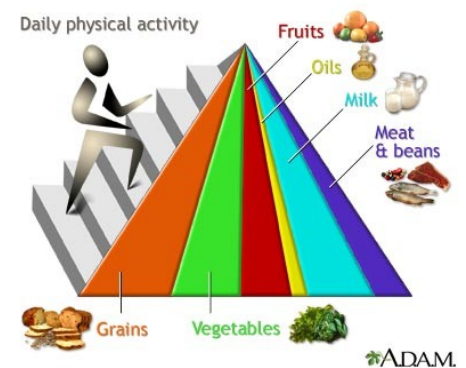
# AWC

**ARMY Wellness Center**

## Grafenwoehr

A healthy lifestyle always includes exercise. A good website to help you get started is:

[www.americaonthemove.org](http://www.americaonthemove.org)



## Knowledge is power!

The more you know the more you can navigate through unhealthy food choices. The AWC provides courses in basic nutrition, quick meals, sports performance, and weight management. Each program is tailored for a specific goal. Useful class material gives participants tools to make consistently better nutrition choices without causing deprivation.



Army Wellness Center Grafenwoehr  
Located in BLDG 168, Rose Barracks (Vilseck)  
Open 0730-1630, M-F  
Call 476-4795 to book an appointment