

WHOLE GRAIN MOMENTUM

FORUM:

*FIRING THE WHOLE GRAINS
WEAPON INTO MILITARY HOMES
FOR BETTER HEALTH*

Presented by Lori Tubbs MS, RD, CSSD

Military Meal Trends



- Many eat more than half their calories in the evening hours
- Many underestimate calories consumed and overestimate calories expended
- Caffeine, nicotine and vending machines fill the void
- Poor meal planning
- Most active service members are not consuming enough carbohydrates
- Dietary supplements are used at high rates

The Wrong Sources of Intel

Diet and Training Breakthrough

Natural Hormonal Enhancement

Activate Your Own Anabolic Hormones for "Steroid-Like" Gains



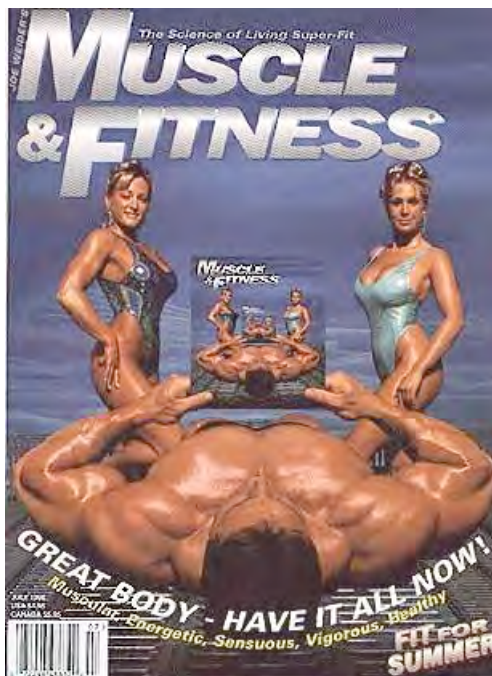
100 WEEKS

The Science of Living Super-Fit

MUSCLE & FITNESS

GREAT BODY - HAVE IT ALL NOW!
muscular, Energetic, Sensuous, Vigorous, Healthy

FIT FOR SUMMER



EPHEDRINE: WHAT YOU NEED TO KNOW!

BIGGER BICEPS IN 8 WEEKS

LEAN & HARD
We Show You How

TRAINING FOR SIZE
SURE-FIRE WORKOUT PLAN

FAST MASS DIET
GAIN 10 POUNDS OF MUSCLE IN 3 MONTHS

WIDE-STANCE SQUATS FOR HUGE THIGHS

PROBIOTICS
EYE NEXT NOT SUPPLEMENT!



NutritionalSupplements.com

Consumers Sharing Unbiased Information about Nutritional Supplements and Prescription Drugs

Poor Health...a normal response to our Current Environment??



“I think we’ve transitioned where now health is a cognitive issue. Most people who are successful at maintaining health are doing it with conscious effort. If you don’t think about it in the current environment, most people are going to become unhealthy...**poor health is a normal response to our current environment.**”

Dr. James Hill

Center for Human Nutrition

University of Denver

Nutrition Within Military Line Commands

- ❑ Interaction with personnel daily
- ❑ Coordinated efforts with trainers
- ❑ Daily interaction with line commanders
- ❑ Greater visibility in training evolutions
- ❑ Increased awareness to whole grains
- ❑ Increased education opportunities
- ❑ Increased intervention



Importance of Whole Grains

- Military Readiness
 - Better success in weight management
 - Better nutrient absorption
 - Lower rates of hyperlipidemi
 - Better cognitive function
 - Better stress management
 - Better muscle glycogen store
 - Better energy output



Whole Grains Initiatives

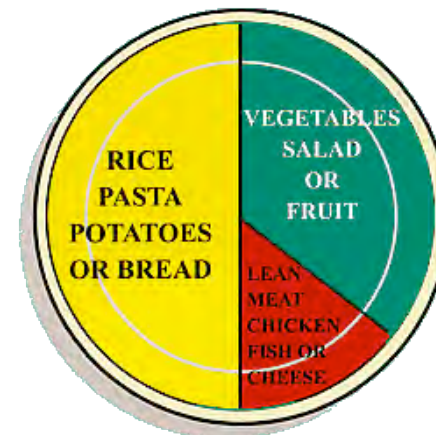
Best Practices

- ❑ Commissary Tours
- ❑ Education
- ❑ Menu Planning
- ❑ Training Site Visits
- ❑ Cooking Classes
- ❑ Recovery Meals



Focus House Cooking Class

- ❑ Whole Grain Recipes
- ❑ Awareness
- ❑ Education
- ❑ Intervention



Future Whole Grain Initiatives



- Culinary Specialists
- Cooking Demos
- Training Tables
- Expanded RM Program
- Command Galley
- Whole Grains Cookbook
- Group Sports Nutritionists
- Military Benchmarks