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
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 hyperlipidemia
  - Better cognitive function
  - Better stress management
  - Better muscle glycogen stores
  - 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