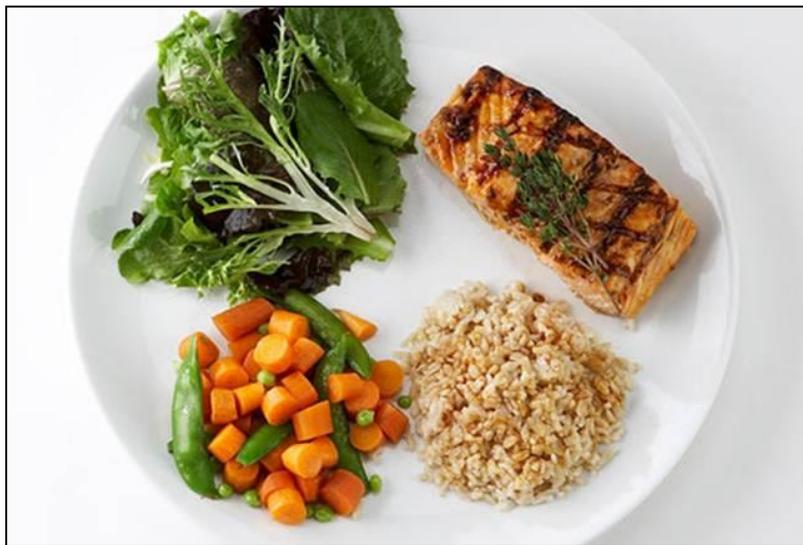




Go for Green® Army Nutrition Standards



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Go For Green®-Army



- What is Go for Green®-Army?
- The Go for Green®-Army program is the Army's dining facility nutrition education program combining DoD G4G 2.0 and SOCOM Nutrition Standards. Go for Green®- Army nutritional recognition labeling system provides the Soldier with a quick assessment of the nutritional value of menu offerings and food products in the dining facility.





Purpose



This is an Army program developed to establish feeding (“fueling”) standards for Army DFACs by improving health, fitness, readiness and increase the Soldier’s performance through nutrition awareness.



Learning Objectives



- Six Basic Nutrients
- Menu Standards
- Preparation and Service
- Portion Controls
- Serving Line Choice Architecture
- G4G-Army- Posters, Table Tents, Calorie Cards
- Recipe / Menu / Catalogs Reviews
- New Product Additions
- M-NEAT



Six Basic Nutrients

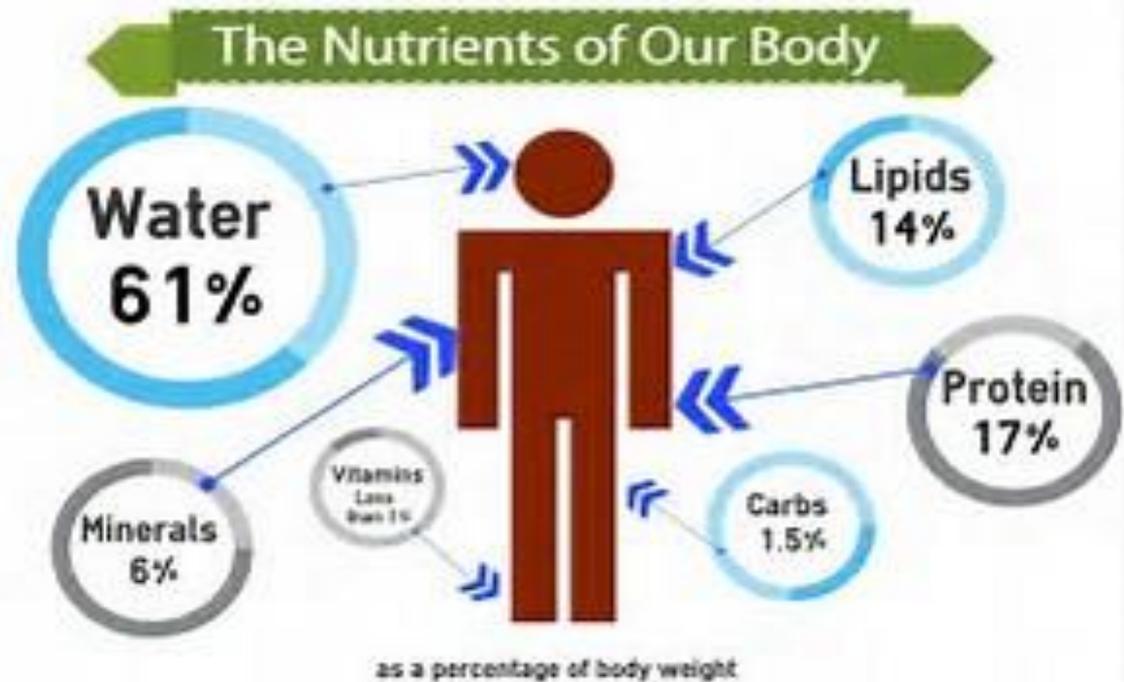


- **Energy Nutrients:**

- Carbohydrate
- Protein
- Fat (Lipids)

- **Other Nutrients:**

- Vitamins
- Minerals
- Water



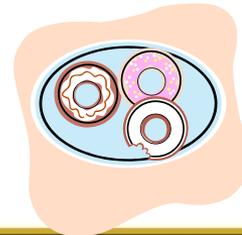
Deficiencies of any nutrient will have a negative impact on the body!



Menu Standards



- **Grains: Breads and Starches**
- **Meats and Entrée's**
- **Vegetables**
- **Fruits and Fruit Juice**
- **Salad Bar**
- **Eggs**
- **Fats and Oils**
- **Beverages**
- **Soups**
- **Condiments**
- **Sodium**
- **Desserts**
- **Short Order**
- **Pre Made Items**





Grains



No Change in the Standard for Breads

- Breads- Four Bread types will be available
 - All Sliced breads must be 100% whole grain.
 - One whole grain white bread with at least 2.5 grams fiber per serving.
 - One Tortilla option
 - Biscuits
 - Bagels
- English Muffins, Fruit Breads, or Small Low-Fat Muffins





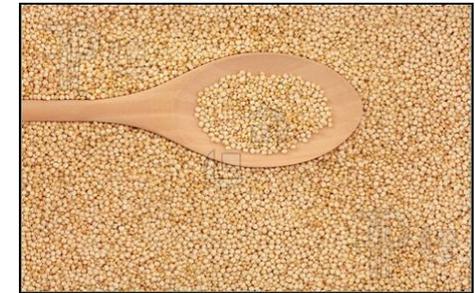
Grains



**Change: One of five cereals must be 100 percent folate fortified.
Fortification requirements may be combined in one cereal.**

- One Cooked whole grain cereal choice.
 - Examples: Steel Cut Oats, Sorghum, Quinoa

- A minimum of six ready-to-eat dry cereal choices with fewer than 230 milligrams of sodium per serving.
 - Three must be without sugar coating and of the three at least one should contain ≥ 3 g fiber per serving.
 - Examples: Shredded Wheat, Cheerio's, Bran Flakes, Wheaties

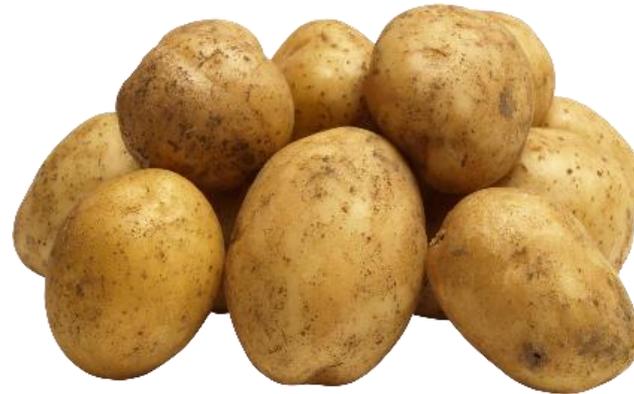




Starches

No Change in Standard for Starches

- One or more hot starch choice may be offered at breakfast with minimal to no added fat or sugar.





Meat And Entrée's



No Change in Standard for Meat & Entrée's

- Choice of two main entrees, three entrees are desirable one of these entrée's must be lean fish, poultry or meat.
- Provide one or more main vegetarian options based on demand.
- **Fish is served at a minimum three times per week.**
- Lean Ground Beef and Ground Turkey at least 90% lean.
- No more than one fried entrée on the main line per meal.
Preferably air fried or baked.





Meat and Entrée's



Change: To provide three choices of breakfast meats

- Choice of three breakfast meats, one of which must be non-pork and **one lower** in fat i.e. Canadian Bacon.
- If bacon is offered it will have less than 290mg of sodium per serving.
- The lower in fat breakfast items **must be less than 12g fat per serving for patties/links and less than 5g of fat per serving for Turkey bacon and Turkey Sausage.**



Vegetables



Change: No more than one breaded or par-fried vegetable per day on the main line.

- Two hot vegetables per meal, one of which must be non- starchy and a good source of vitamin A or vitamin C.
- **Legumes and beans served three times per week or more.**
- No more than one starchy vegetable per meal.





Fruit and Fruit Juices



No Change in Standard for Fruit & Fruit Juices

- Two or more fresh fruit choices per meal.
- One or more good vitamin C source per day. For example: citrus fruit, kiwi, cantaloupe, strawberries.
- Two or more 100 percent fruit juice choices at breakfast—orange juice fortified with calcium and vitamin D.
- Blended juices are acceptable but must be 100% juice. If tomato or vegetable juices are offered they must contain less than 230mg of sodium per serving.





Salad Bar



No Change in Standard for Salad Bar

- Standard salad bar includes leafy green salad and a minimum of 10 fresh toppings.
- Leafy green salad minimum standard is 50% dark green leaves such as romaine and spinach leaves.
- Unsalted nuts and/or seeds, available for salads based on demand.
- Offer seven separate salad dressings.
 - Five Low Fat Salad Dressings
 - Two Regular Dressings





Eggs



No Change in Standard for Eggs

- Liquid pasteurized frozen egg products must be used unless the end item has a distinct yolk.
 - **No pre-made eggs of any type shall be used.**
- Offer egg whites or egg substitutes
- **Offer DHA enhanced eggs when available**
- Offer two breakfast egg options such as scrambled eggs, hardboiled eggs, and cholesterol free eggs (Egg Whites) daily.





Fats and Oils



No Change in Standard for Fats & Oils

- Offer Trans fat free (zero grams trans-fat per serving) products.
 - Butter, and/or Trans-Fat free liquid margarine spread
 - Beware of products listing partially hydrogenated oils in the ingredients, select alternatives if available.





Beverages



Change: Pasteurized skim or nonfat white and chocolate milk, 1% white milk, and low fat chocolate milk; all must be fortified with vitamin A and vitamin D

- Pasteurized skim or nonfat white, and 1% milk fortified with vitamin A and vitamin D must be served at every meal.
- **Offer lactose-free alternatives (lactose free milk, soy milk) based on customer demand.**
- Coffee and hot tea available at all meals
- Offer iced tea sweetened and unsweetened based on demand
- If soda is served, at least one low calorie dark caffeinated soda and at least one low calorie clear caffeine free soda





Soups



Change: When offering more than one soup at least one should be a reduced sodium soup.

- Requirements for a reduced sodium soup is ≤ 600 mg of sodium per 8 ounce serving
- Offer at least one soup at lunch and dinner based on customer demand.





Condiments



No Change in Standard for Condiments

- Low fat milk and artificial sweetener available for hot coffee and tea.
- Coffee creamers must contain zero grams trans-fat and contain no partially hydrogenated oils
- Offer at least one fruit spread or low sugar jam and jelly in addition to regular jam and jelly





Sodium



No Change in Standard for Sodium

- Salt/Sodium free seasonings available at every meal.
- Use of lower sodium (less than 400 mg per serving) products encouraged.
- Products containing Monosodium Glutamate as an ingredient should be avoided if possible.



Desserts



Change: Desserts may not exceed 250-300 calories per serving

- Fresh fruit served on all dessert bars
- Only offer trans-fat free (zero grams of trans fat per serving) baked products.
- Must offer four dessert options. One must be a reduced fat dessert, such as Angel Food Cake or a low fat pudding on dessert bar.





Short Order



Change:

- **Minimum of six grilled or specialty bar items (to include two entrée type proteins) i.e. vegetarian sandwiches, wraps sandwiches, flatbreads/pizzas, burritos, grilled chicken, fajitas.**





Short Order



Change Continue:

- **French fries, tater tots, onion rings preferably baked or air fried.**
- **Chip and pretzel options will include baked or whole grain varieties.**
- **One grilled, fresh vegetable or hot vegetable will be served at short-order station at all times.**



Pre-Made Items



- Pre-made, lean-option entrées will contain fewer than 500 calories.
- Less than 35 percent of the calories from fat (under 18 grams of total fat per serving), fewer than 10 percent of the calories from saturated fat (under 5 grams of saturated fat per serving).
- Less than 600 mg of sodium.



Preparation and Service



- The best methods of preparation include baking, braising, broiling, grilling, poaching, roasting, sautéing, steaming, stir-frying, stewing and searing.
- Deep Fat Frying is the least preferred cooking method.
- Deep Fat Fryers will be replaced under the equipment life cycle replacement program.



Athletes Plates - Portion Control



What a Healthy Meal Looks Like

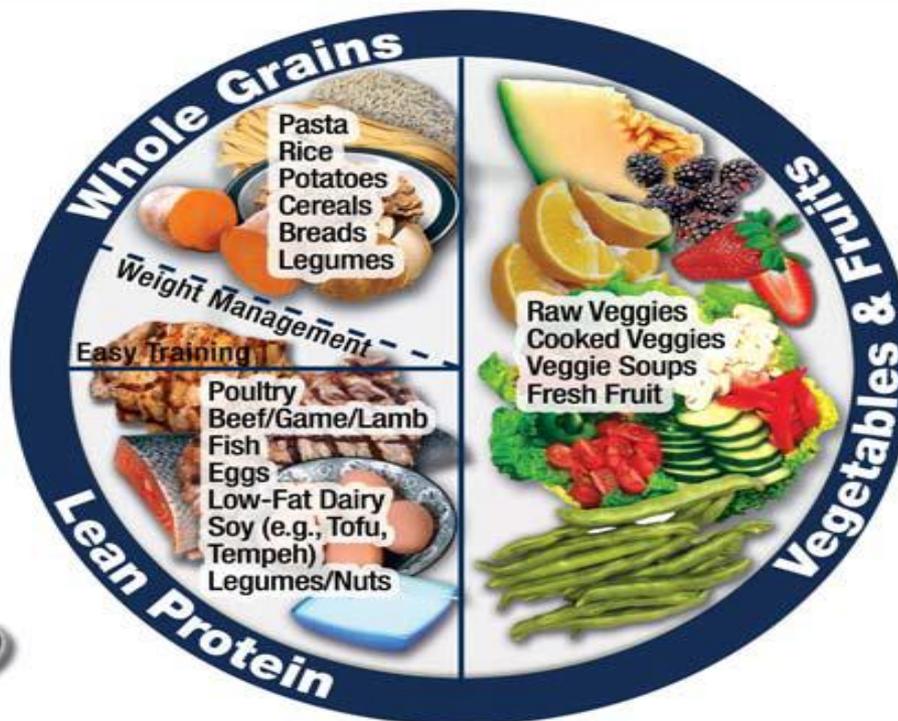
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



<https://www.uccs.edu/swell/theathletesplate>

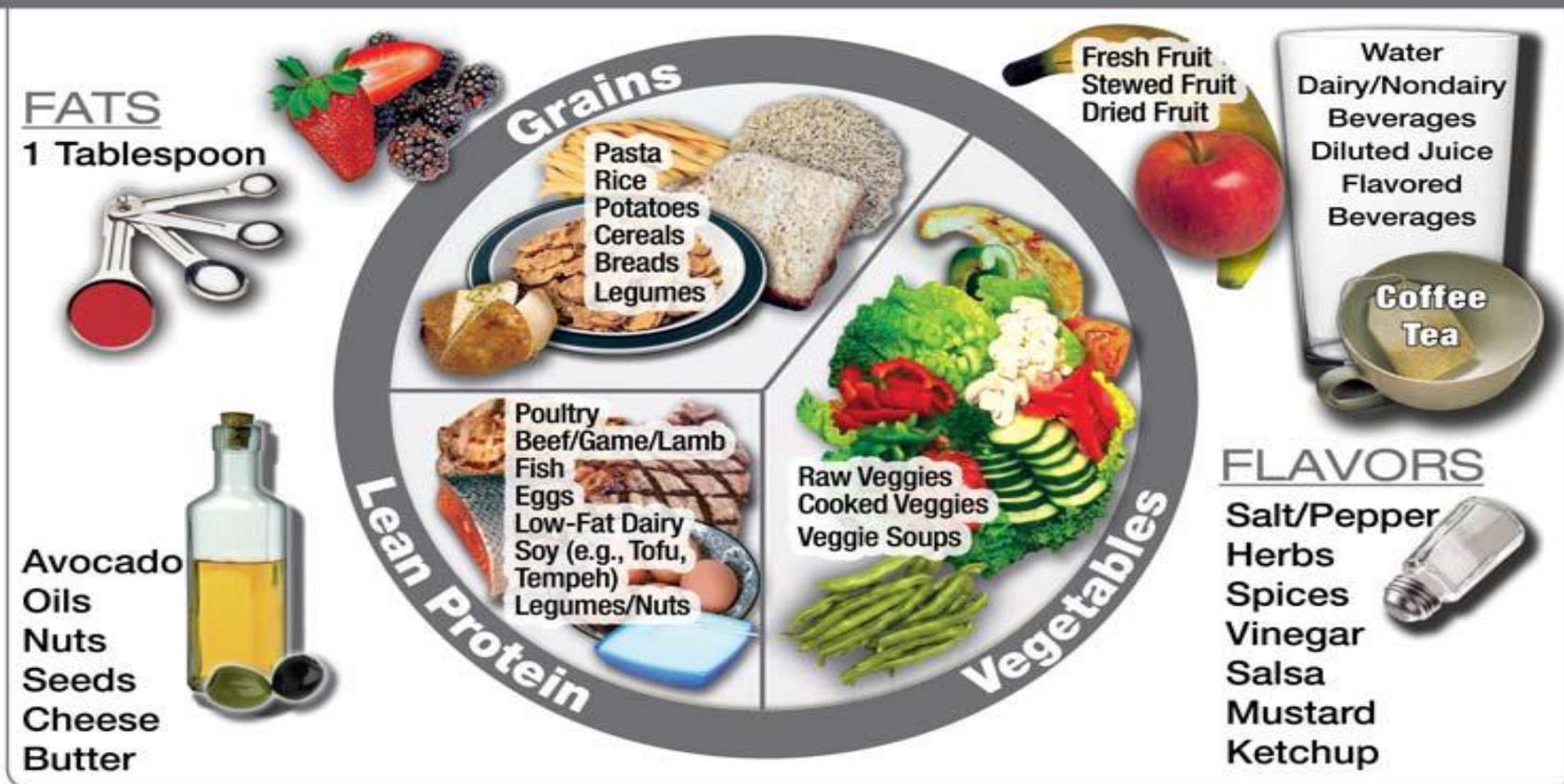
Athletes Plates - Portion Control



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MODERATE TRAINING:





ATHLETES PLATES - PORTION CONTROL



Now, build a menu based off the Athletes Plate.

HARD TRAINING / RACE DAY:

FATS
2 Tablespoons

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Grains

Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein

Poultry
Beef/Game/Lamb
Fish
Eggs
Low-Fat Dairy
Soy (e.g., Tofu, Tempeh)
Legumes/Nuts

Vegetables

Cooked Veggies
Veggie Soups
Raw Veggies

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



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G4G® Program Choice Architecture (1)



Breakfast Serving Line

Ratatouille or other
Green-coded Non-
starchy Vegetable*

Oven baked Home
Fried Potatoes

Texas Hash

Sautéed
Mush-
rooms

Hard
Boiled
Eggs

Scrambled
Eggs

Biscuits

Creamed
Beef

Oven
Fried
Bacon

Diner Flow of Traffic





U.S. ARMY

G4G® Program Choice Architecture (2)



MENU

- Steamed green beans
- Baked sweet potato
- Mashed potatoes
- White rice pilaf
- BBQ pork chops
- Grilled chicken
- Fried fish
- Roasted zucchini
- Creamed spinach
- Mac and Cheese



Roasted zucchini
Steamed green beans
Baked sweet potato
Grilled chicken

Mashed potatoes
BBQ pork chops
White rice pilaf

Fried fish
Creamed spinach
Mac & Cheese



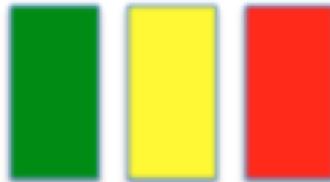
G4G® Program Choice Architecture (3)



MENU

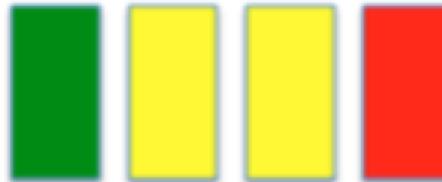
- Steamed green beans
- Baked sweet potato
- Mashed potatoes
- White rice pilaf
- BBQ pork chops
- Grilled chicken
- Fried fish
- Roasted zucchini
- Creamed spinach
- Mac and Cheese

ENTREES



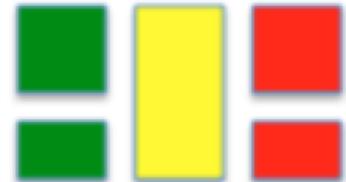
Grilled
chicken
BBQ Pork
Chops
Fried Fish

STARCHY SIDES



Baked sweet potato
Mashed potatoes
White rice pilaf
Mac and Cheese

VEGETABLES



Steamed green
beans
Roasted zucchini
Creamed Spinach

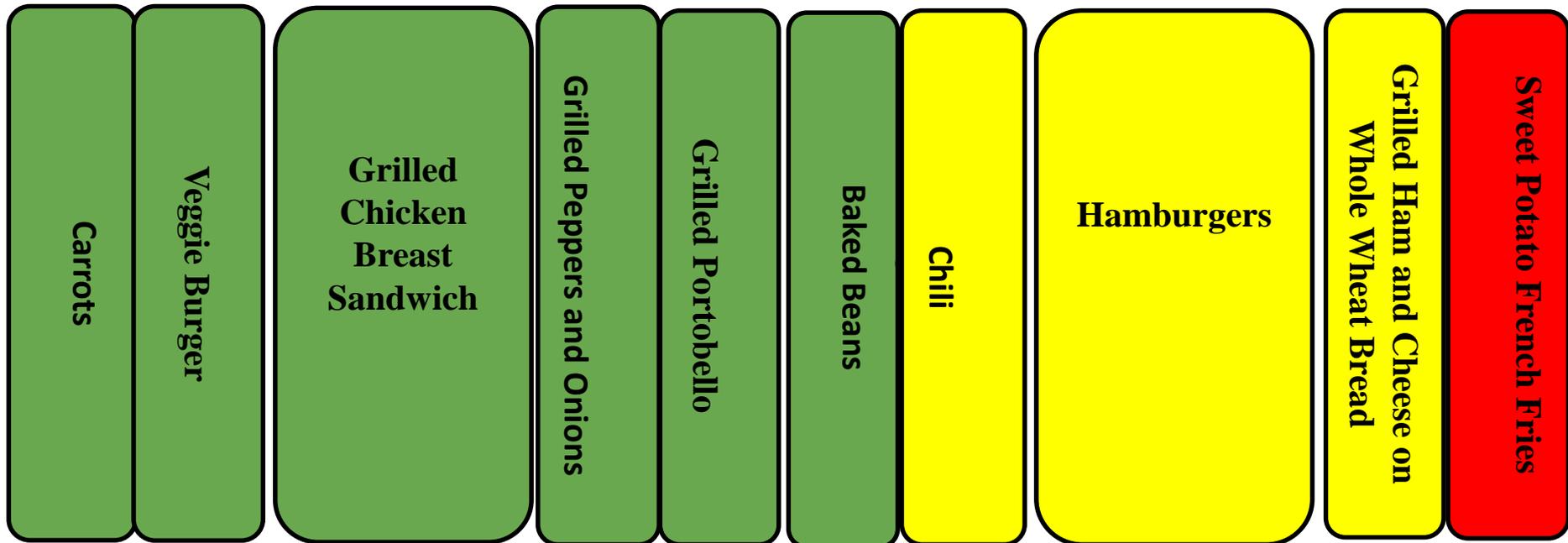


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G4G® Program Choice Architecture (4)



Short Order Serving Line



Diner Flow of Traffic





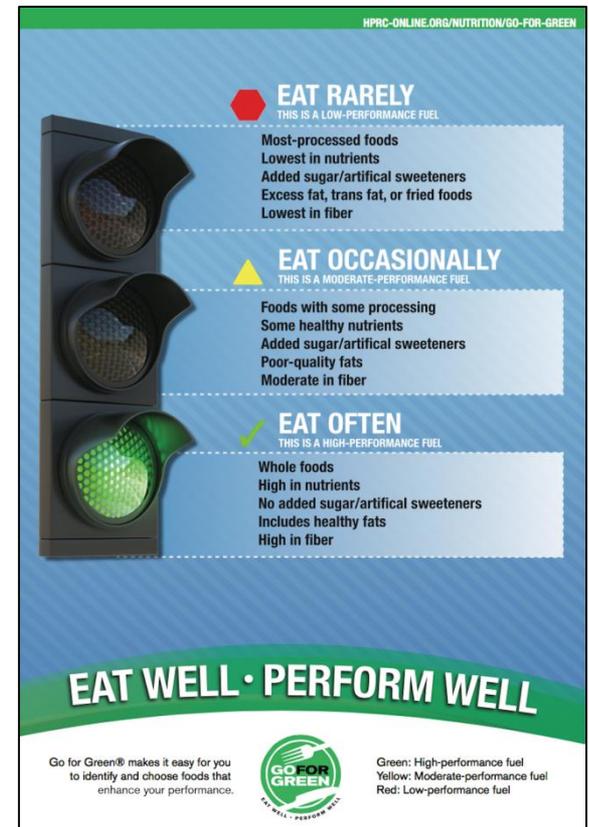
GO For Green-Army Marketing



Go for Green® - Army



- Provides a quick visual guide for diner product selections based on nutritional value profiles.
- Choice Architecture line set up
- Food items are labeled green (high performing foods), yellow (moderate performance foods), or red (low performance foods) and have sodium codes.
- Program posters and table toppers explain coding system:
 - Green : Eat Often
 - Yellow : Eat Occasionally
 - Red : Eat Rarely

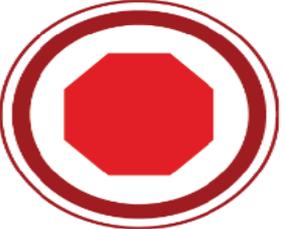




Codes



GREEN, YELLOW, & RED FOOD CODES

			
PROCESSING	LEAST-PROCESSED	SOME PROCESSING	MOST-PROCESSED FOODS
NUTRIENTS	WHOLE FOODS, NUTRIENT PACKED	SOME HEALTHFUL NUTRIENTS	LOWEST-QUALITY INGREDIENTS
FIBER	HIGH IN FIBER	LOWER IN FIBER	MINIMAL FIBER
SUGAR	LOW IN ADDED SUGAR	ADDED SUGAR OR ARTIFICIAL SWEETNERS	ADDED SUGAR OR ARTIFICIAL SWEETNERS
FAT	HEALTHY FATS	POOR-QUALITY FATS	EXCESS FATS AND/OR TRANS FAT FRIED FOODS



Poster/Marketing Materials



HPRC-ONLINE.ORG/NUTRITION/GO-FOR-GREEN

WHEN TO EAT

The color of the cards, as well as the symbols, can distinguish between nutritious food and not-so-nutritious foods.



SODIUM

Foods have a **Low**, **Moderate**, or **High** sodium salt shaker. Too much salt can be unhealthy, but if you exercise regularly, you may need more salt. Adjust accordingly.

EAT WELL • PERFORM WELL

Go for Green® makes it easy for you to identify and choose foods that enhance performance.



Green: High-performance fuel
Yellow: Moderate-performance fuel
Red: Low-performance fuel

HPRC-ONLINE.ORG/NUTRITION/GO-FOR-GREEN



EAT RARELY

THIS IS A LOW-PERFORMANCE FUEL

Most-processed foods
Lowest in nutrients
Added sugar/artificial sweeteners
Excess fat, trans fat, or fried foods
Lowest in fiber



EAT OCCASIONALLY

THIS IS A MODERATE-PERFORMANCE FUEL

Foods with some processing
Some healthy nutrients
Added sugar/artificial sweeteners
Poor-quality fats
Moderate in fiber



EAT OFTEN

THIS IS A HIGH-PERFORMANCE FUEL

Whole foods
High in nutrients
No added sugar/artificial sweeteners
Includes healthy fats
High in fiber

EAT WELL • PERFORM WELL

Go for Green® makes it easy for you to identify and choose foods that enhance your performance.



Green: High-performance fuel
Yellow: Moderate-performance fuel
Red: Low-performance fuel

HPRC-ONLINE.ORG/NUTRITION/GO-FOR-GREEN

HOW MUCH
SODIUM
DO YOU NEED?

Sodium codes are independent of Green, Yellow, or Red codes. For example, Red-coded foods may be low in sodium.

HIGH SODIUM

Eat high-sodium foods sometimes if you're active many hours a day and/or in extreme environments. Otherwise, eat rarely or in small amounts.

MODERATE SODIUM

Eat moderate-sodium foods sometimes; they're appropriate if you're moderately active.

LOW SODIUM

Eat low-sodium foods often, especially if you've been advised to follow a low-sodium diet.



EAT WELL • PERFORM WELL

Go for Green® makes it easy for you to identify and choose foods that enhance your performance.



Green: High-performance fuel
Yellow: Moderate-performance fuel
Red: Low-performance fuel

<https://www.hprc-online.org/page/go-for-green>

U.S. ARMY LOGISTICS READINESS • FUTURE FORCE • TAKING CARE OF THE TROOPS



Go for Green- Food Cards



 **EAT OFTEN**
THIS IS A HIGH-PERFORMANCE FOOD

Food Item
Serving Size
Calorie Level



WATCHING SODIUM?
THIS IS A LOW-SODIUM FOOD





Table Toppers/Marketing Material



- Place on every table throughout the DFAC
- Replace as needed

GETTING TO KNOW GO FOR GREEN®
 Foods and beverages are labeled with two kinds of symbols:

Based on nutrition quality:

- ✓ GREEN**
 THIS IS A HIGH-PERFORMANCE FOOD
 - Least-processed, whole foods
 - Nutrient-packed
 - High in fiber
 - Low in added sugar
 - Healthy fats
- ▲ YELLOW**
 THIS IS A MODERATE-PERFORMANCE FOOD
 - Foods with some processing
 - Some healthful nutrients
 - Lower in fiber
 - Added sugar or artificial sweetener
 - Poor-quality fats
- RED**
 THIS IS A LOW-PERFORMANCE FOOD
 - Most-processed foods, often with multiple unhealthy ingredients
 - Lowest in nutrients and fiber
 - Added sugar or artificial sweetener
 - Excess fat, trans fat, or fried foods

Based on sodium (salt) content:

SODIUM (salt)

LOW MODERATE HIGH

Watching sodium? These symbols indicate whether a food has Low, Moderate, or High amounts of salt. The amount of salt you need depends on your health, activity, and environment.

Look for the Food Cards identifying foods at your dining facility.

Visit GO FOR GREEN® @ hprc-online.org



Recipe/ Menu/ Catalog Reviews



- Recipe
 - Follow Recipes from TM 10-412
 - Ready to use items reviewed before adoption

- Menu Design for Performance Nutrition

- AFMIS

- Ingredients critical for correct nutrients

- Catalog to support the entire intent



New Product Additions



- Food Service Menu Board
 - Food Program Manager – Lead
 - Dining Facility personnel – Contract providers
 - Vet Services, Dietitians, Food Advisor, Unit Representatives
 - Boss Program
 - SSMO

- Product Review- Consult Dietitian

- Subsistence Prime Vendor



M- NEAT



- **The Military Nutrition Environment Assessment Tool (m-NEAT) was developed to help military installations/bases assess their environment to find out how well it supports and promotes healthy eating.**





Summary



- **Six Basic Nutrients**
- **Menu Standards**
- **Preparation and Service**
- **Portion Controls**
- **Serving Line Choice Architecture**
- **G4G-Army- Posters, Table Tents, Calorie Cards**
- **Recipe / Menu / Catalogs Reviews**
- **New Product Additions**
- **M-NEAT**