

POLICY OR PRECEDENT

SUBJECT: Army Special Operations Forces (ARSOF)
Performance-Based Menu Standards and Guidelines

DATE: 7 MAR 2018

POLICY NUMBER:	ORIGINATING SECTION:	ORIGINATOR:	PHONE#:
7-18	AOMD	CPT Conkright	432-5883

//ORIGINAL SIGNED//

APPROVED BY: JOSEPH G. LOCK, COL, GS, Chief of Staff

SYNOPSIS:

1. **PURPOSE:** To establish policy for performance-based nutrition standards within Dining Facilities (DFAC) servicing the Soldiers of the United States Army Special Operations Command (USASOC) and its Component Subordinate Commands and Units (CSC/CSU).

2. **SCOPE:** This policy:

a. Is intended to establish and incorporate Performance-Based Menu Standards and Guidelines for all USASOC DFACs within the limits of each organization's ability to institute change within their food service operations.

b. Provides the minimum Performance Menu Standards and Guidelines that all USASOC food service programs must use in their menu planning, food procurement, preparation, and meal service to support accepted performance nutrition standards.

3. **APPLICABILITY:** This policy applies to all CSC/CSUs responsible for the management and operations of DFACs servicing the nutritional and dietary needs of ARSOF Soldiers.

4. **GENERAL:**

a. Due to the long-term, high physical and cognitive performance demands on the human body, dining facilities and alternative food service options must provide a performance-based

PRESCRIBING DIRECTIVES: DoDM 1338, DoD Food Service Program, 26 September 2016; DA PAM 30-22, Operating Procedures for the Army Food Program, 6 February 2007; AR 30-22, Army Food Program, 24 July 2012; AR 40-25, Nutrition and Menu Standards for Human Performance Optimization, 3 January 2017; TB MED 530/NAVMED P-5010-1/AFMAN 48-147_IP, Tri-Service Food Code, 30 April 2014.

DISTRIBUTION:

This publication is available in electronic media and is intended for A5 distribution. Paper copies will be provided upon request for organizations without access to e-media.

OTHER POLICIES AFFECTED:

NONE

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menu that fuels ARSOF training and missions, optimizes physical and mental performance, prevents chronic disease, enhances the immune system, supports task-specific body composition, and provides education through environmental modeling.

b. The standards and guidelines delineated within this policy were originally developed in 2012 by the United States Special Operations Command (USSOCOM) Performance Nutrition (PN) Working Group and are in revision to accommodate changes in DoD regulations in accordance with the national nutrition guidelines. The PN Working Group, comprised of performance dietitians of Army, Navy, Air Force, and Marine SOF, will monitor implementation and provide continuing guidance for Performance-Based Menu Standards and Guidelines as required by emerging diet and nutrition science-based evidence.

c. Modified guidelines for boxed cold meals and catering guidelines are outlined in the appendices and throughout this document. These revisions and modifications are required due to the limitations of temperature control, space, and portability for boxed meals, and to provide guidelines for non-military contract food service in support of training events.

d. The goals of the ARSOF Performance-Based Menu Standards and Guidelines are to:

(1) Provide guidance to USASOC DFACs and non-traditional food service support venues on offering a varied, colorful, flavorful, and balanced nutritional fueling program for the needs of ARSOF Soldiers in training and operational missions.

(2) Reduce food costs and waste by utilizing sustainable food preparation practices, reducing pre-packaged convenience food products and replacing them with freshly prepared items or more natural alternatives, serving foods in bulk, and reducing use of individual serving products (PC).

(3) Optimize Soldier physical and cognitive performance, enhance physiological function, strengthen the immune system to prevent chronic and systemic disease, and support appropriate task-specific body composition.

(4) Provide Soldier training and education on the benefits of optimal diet and nutrition in support of performance, recovery, and longevity.

5. RESPONSIBILITIES:

a. Deputy Chief of Staff (DCS), G4 will:

(1) Serve as the principal advisor for all USASOC food service programs.

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(2) Coordinate with the Director, Joint Culinary Center of Excellence (JCCoE) on all food service related matters affecting ARSOF.

(3) Solicit supplemental budget requirements for ARSOF DFACs based on data supporting increased energy expenditure and nutritional needs due to SOF training and missions.

b. Office of Deputy Chief of Staff (DCS), Surgeon will, in coordination with the USASOC DCS, G4, maintain policy responsibility and oversight of applications for the Performance-based Menu Standards and Guidelines designed to improve performance and wellness of ARSOF.

c. Unit commanders will:

(1) Supervise, manage, and promote the operational efficiency and effectiveness in accordance with published standards of all garrison and field food service operations and activities over which they maintain operational control.

(2) Ensure that assigned personnel are properly trained and proficient in preparing and serving subsistence in all dining facility operations that are applicable to their skill level.

(3) Provide readily accessible information regarding nutrition to food service personnel and promote nutrition education for Soldiers.

d. Food Operations Sergeant (FOS) and/or contract manager will:

(1) Ensure that diners have sufficient and balanced performance-based menu choices in accordance with guidelines outlined in this policy.

(2) Ensure performance-based menu selections are available through the entire meal period.

(3) Promote performance-based menu selections by using standardized Tactical Human Optimization Rapid Rehabilitation and Reconditioning (THOR³) Human Performance Program (HPP) point of service labeling program and by prominently and attractively displaying the selections on the serving line.

(4) Maintain accurate, informative, and attractive posters, brochures, and other media educating diners on the relationships of nutrient-dense food choices, well-being and performance, and long-term health.

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(5) Apply multiple food preparation techniques to safeguard the nutritional quality of the food, manage time efficiently by utilizing various kitchen equipment, and address customer preferences.

e. Human Performance Program (HPP) dietitians will:

(1) Provide nutrition guidance and consultation to FOS and/or contract manager regarding the nutrient density and quality of the food menu, the application of nutrition principles in menu development and food service practices, and the educational media developed for patrons.

(2) Evaluate ARSOF DFAC menus and recipes to ensure compliance with the standards written within this policy.

(3) Provide nutrition training and education to all food service personnel on food items and preparation techniques that support health and nutrition goals.

f. Additional roles and responsibilities will be specified in a local SOP and maintained by the FOS and/or contract manager at each individual location.

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APPENDIX A. Performance-Based Menu Standards and Guidelines.

1. Meats and Entrees.

a. Standards.

(1) Two (2) main entrée choices, which will be naturally lean selections; such as, but not limited to, fish, seafood, poultry, red meat, or vegetarian, prepared and served without added fat (round or loin cuts that have been baked, grilled, or roasted and with visible fat removed).

(2) Fish served at least three times per week, one of which must be high in omega-3 fatty acids such as but not limited to salmon, tuna, trout, herring, mackerel, etc.

(3) Legumes and beans three times per week, either as a main entree or side dish, with less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).

(4) Based on demand, one or more vegetarian options containing a plant based protein source (e.g., beans, lentils, meatless or soy based type crumbles, patties) at the lunch and dinner meals.

(5) Two breakfast meat options, one of which must be a lower fat option (i.e. turkey bacon, Canadian bacon, or center cut bacon. Lower fat option must contain less than or equal to 1 gram of saturated fat per 100 calories, equating to approximately 10% saturated fat content. No more than one higher fat breakfast meat daily, i.e. bacon, sausage, or other breakfast meat with high fat content.

b. Guidelines.

(1) Methods of preparation to include, but not limited to baking, braising, broiling, grilling, poaching, roasting, sautéing, steaming, stir-frying, stewing, searing, etc.

(2) Preferred cuts may include, but are not limited to round, loin, leg, breast, tenderloin, etc.

(3) Meat cuts must have visible fat removed and contain less than or equal to 2 grams saturated fat per 100 calories, equating to approximately 20% saturated fat content.

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(4) Only lean ground meats, i.e. beef, chicken and turkey, $\geq 90\%$ lean, with no fillers or extenders.

(5) Sauces and gravies are served separately unless integral to the recipe.

(6) No more than two special occasions per month. Special occasion menus will be approved by the command dietitian.

(7) Lean breakfast meat option include but are not limited to: turkey, lean ham, Canadian bacon, chicken, lean beef, etc. No nutritional value or evidence to support requirement of serving bacon and creamed beef daily.

2. Vegetables.

a. Standards.

(1) Two hot vegetables per meal with minimal to no added fat, sugar or salt; one starch and one non-starchy deep-colored vegetable of two different colors as outlined in the produce guide at Appendix E. Priority: 1. Fresh 2. Frozen 3. Dried 4. Canned.

(2) One legume/bean option available at lunch and dinner meals. If canned, must be drained and rinsed before placing on line or incorporating into a recipe.

(3) Hot vegetables placed on hot line as first available selection.

b. Guidelines

(1) Seasonal fresh vegetables, including locally procured, incorporated in menu as much as possible when available. Seasonal produce options as listed in Appendix E. Produce priority is as follows: 1. Fresh 2. Frozen 3. Dried 4. Canned. Produce and cooking methods to be rotated throughout the menu cycle.

(2) Legumes/beans include, but are not limited to, peanuts, black eyed peas, lentils, lima beans, black beans, kidney beans, cannellini beans, pinto beans, baked beans, chickpeas/garbanzo beans, navy beans, and refried beans.

(3) Starchy vegetables can be found in Appendix E, which include, but are not limited to potatoes, corn, peas, sweet potatoes, yams, acorn squash, butternut squash and pumpkin.

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(4) Non-starchy vegetables can be found in Appendix E which include, but are not limited to, green beans, broccoli, cabbage, carrots, cauliflower, spinach, and summer squash.

(5) Use of added fats, sugars and salt not preferred on vegetables. When used as critical flavor enhancer, refer to Appendix B, Preparation and Cooking Standard Guidelines for recipe guidance.

3. Fruits and Fruit Juices.

a. Standards.

(1) Two (2) 100% single fruit or blended fruit juices, including one fortified with calcium and Vitamin D.

(2) Two fresh fruit choices per meal, cut up and ready to eat.

(3) One fruit served on dessert or fruit bar, Priority: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned.

(4) Bananas available at breakfast daily when available in season.

(5) One dried fruit served at every meal.

b. Guidelines.

(1) Frozen with no added sweetener or canned, packed in light syrup or 100% juice, fruits when fresh fruits are not available. Priority: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned.

(2) Dried fruits, unsweetened preferred) available at meals, i.e. purple or gold raisins, apricots, figs, apples, mangos, pineapple, cranberries, blueberries, cherries, pears, plums.

(3) Offer minimally sweetened or unsweetened (preferred) pureed fruit or compote, i.e. apple sauce, cooked fruit, cooked/heated frozen fruit, in place of canned fruit pie filling.

(4) Fruits on dessert and salad bars will be cut up or pre-prepared ready to eat.

(5) Seasonal fresh fruits including locally procured, incorporated in menu as much as possible when available. Produce options as listed in the Produce Guide. Produce will be rotated throughout the menu cycle.

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(6) One or more appropriate sources of vitamin C per day which contain 30 percent of the reference daily intake or daily reference value with citrus fruits, kiwi, cantaloupe, strawberries, and beverages to include citrus, cranberry, or tomato juices.

4. Grains and Starches.

a. Standards.

(1) Four (4) choices of breads at all meals. One 100% whole grain bread with at least 2 grams fiber per serving. One whole grain white bread with at least 2 grams fiber per serving. One tortilla. One variety or /specialty bread such as cinnamon raisin bread, corn bread, English muffin or other suitable nutritionally beneficial breads. Restriction of sodium content of bread per DoD 1338 not applicable in ARSOF population due to increased electrolyte needs.

(2) Choice of six (6) ready-to-eat cold cereals. Two must have 100% whole grain listed as first ingredient. Three must be without sugar coating and at least one non-sugar coated option contain >3g fiber per serving. Bulk dispensing of the two highest volume cereals is mandatory.

(3) One whole grain hot cereal without added fat or sugars served at breakfast.

(4) A prepackaged bar (i.e. granola, cereal, energy bars, etc.) may be offered with >3 grams of fiber, >5g protein, and less than or equal to 25% calories from sugar served at all meals. Cereal bars, if offered, may substitute for a cold cereal choice and may be available at all meals.

(5) One hot starch served at breakfast with minimal to no added fat or sugar. Priority: 1-Whole grain, 2-Vegetable Enhanced, 3-Deep Color, 4-White/Enriched.

(6) Two hot starches served at lunch and dinner without added fats or sugars. Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched.

(7) One breakfast pastry such as a muffin, quick bread, which follows recipe guidance at Appendix B if made in-house. If store-bought or pre-made, must contain less than or equal to 10g fat per serving and less than or equal to 25g sugar per serving.

(8) One grilled specialty item served at breakfast rotated throughout the menu cycle. Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched.

(9) Breakfast syrup, one fruit and one nut topping will be offered as a side for grilled specialty items. Fruit topping priority 1-Frozen, no sugar added, 2-Fresh, 3-Canned if packed in

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light syrup or 100% juice. No canned pie filling to be served as fruit topping option for grilled specialty items.

b. Guidelines.

(1) Pre-packaged bar options include, but are not limited to: Kashi, Lara, Quest, Nature Valley, Zone, Rise, Clif, Health Warrior, Oatmega, etc. Review food labels to ensure hemp derivatives are not a listed ingredient.

(2) Hot cereal options include, but are not limited to, oatmeal, grits, cream of wheat, malt-o-meal, and quinoa, etc. with preference of higher fiber options served more frequently.

(3) Tortilla options include, but are not limited to, whole grain, spinach, plain, and tomato basil, etc. Flavors to be rotated throughout the menu cycle.

(4) Specialty bread options include: dinner rolls, cornbread, garlic bread, bagel, English muffin, cinnamon raisin bread, fruit or vegetable breads, or sandwich/bagel thins, etc.

(5) Starch options include, but are not limited to, potatoes (white, purple, gold, red, sweet), rice (brown, white, wild), pasta (whole grain, vegetable, white), quinoa (any color), couscous, squash (acorn, butternut, pumpkin), etc.

(6) Grilled specialty items include pancakes, waffles, French toast, etc. Priority: 1-Whole grain, 2-Made with real fruit/vegetables, 3-Deep Color, 4-White/Enriched.

(7) When breakfast syrup is served, offer sugar-free breakfast syrup based on customer demand.

(8) Fruit topping for grilled specialty items priority: 1-Frozen no added sweeteners, 2-Fresh, 3-Canned packed in light syrup or 100% juice. No canned pie filling will be served as fruit topping option.

5. Salad Bar.

a. Standards.

(1) One leafy green salad (minimum of 50% dark green leaves such as, but not limited to romaine, spinach, mixed greens, arugula, with no dressing added.

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(2) The salad bar will include a minimum of ten fresh toppings. Refer to Appendix E for color categories. One topping from the red, blue, and purple produce group. One topping from the orange and yellow produce group. One topping from the white, tan, and brown produce group. One topping from the green produce group. One undressed/unmixed protein option. One bean/legume option. One unsalted nut/seed, olive, or avocado option. One shredded cheese option. One fresh, dried, or canned packed in light syrup or 100% juice fruit option. One 1% or 2% cottage cheese option.

(3) Seven salad dressings will be served to include two regular fat options and five containing less than or equal to 1g saturated fat per 100 calories, equating to approximately 10% saturated fat content. Olive oil and vinegar will be offered independently as salad dressings in separate dispensers. Individual salad dressing packets are only to be used for carry-out or grab-and-go service and must include one full fat and one reduced-fat option.

(4) Cold, ready-to-serve, pre-dressed salads are optional. If more than one is served, encourage variety in types of salads used, i.e. starchy salad, non-starchy vegetable salad, fruit salad, bean salad.

b. Guidelines.

(1) Seasonal fresh fruits and vegetables including locally procured, incorporated in menu as much as possible when available. Produce options as listed in the Produce Guide. Produce priority is as follows: 1-Fresh, 2-Frozen, 3-Dried, 4-Canned. Produce to be rotated throughout the menu cycle.

(2) Unmixed/undressed protein, i.e. no added mayonnaise, such as but not limited to canned tuna, canned and deboned salmon, hard boiled eggs, ham, chicken, turkey, green soybeans, edamame; 1% or 2% fat cottage cheese, will be rotated throughout the menu cycle.

(3) Nuts, seeds, olives, and avocado options such as but not limited to sunflower seeds, walnuts, pecans, almonds, cashews, macadamia, mixed nuts, peanuts, pine nuts, pumpkin seeds, pistachios, green or black olives, or avocado that is diced, sliced, mashed or guacamole without added fats will be rotated throughout the menu cycle.

(4) Bean and legume options; rinsed and drained if canned, such as but not limited to black, garbanzo, kidney, pinto, will be rotated throughout the menu cycle.

(5) Shredded cheese option such as but not limited to cheddar, parmesan, mozzarella, feta, cheese blend, bleu cheese, etc. will be rotated throughout the menu cycle. Low-fat or made with 2% milk options preferred.

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(6) Dried fruit option such as but not limited to purple and golden raisins, cranberries, cherries, blueberries, figs, apples, pineapple, mango, papaya, bananas, apricots, plums, etc.

(7) When cold, ready-to-serve (pre-dressed) salads are offered, options must contain less than or equal to 1 gram saturated fat per 100 calories equating to approximately 10% saturated fat content and be prepared with low-fat mayonnaise/salad dressing if recipe calls for mayonnaise or salad dressing.

6. Dairy and Eggs.

a. Standards.

(1) No “processed cheese food” products apart from American cheese, upon request only. Use cheddar cheese as default option.

(2) All milk options will be fortified with vitamin A and vitamin D.

(3) Two breakfast egg options served such as scrambled, poached, "fried", omelet, etc.

(4) Liquid pasteurized frozen egg products must be used unless the end item has a distinct yolk.

(5) Offer egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products based on customer demand.

(6) Offer omega-3 fatty acid rich eggs when available.

(7) Offer lactose-free milk and/or milk alternatives based on customer demand.

(8) Offer dairy choices that contain no more than 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content) (e.g. cottage cheese, sour cream, cream cheese, shredded cheese, sliced cheese, etc.) based on customer demand.

(9) Full fat dairy products may be used only with approval from local dietitian.

(10) Instead of sour cream as a condiment, substitute with plain Greek yogurt when available.

(11) Two bulk low-fat or non-fat yogurt options without artificial sweeteners at all meals to include one plain and one flavored option.

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b. Guidelines.

- (1) Milk to be offered at every meal. Bulk dispensing preferred.
- (2) Milk priority is as follows: 1. Pasteurized skim (non-fat) white 2. Pasteurized 1% fat (low-fat) 3. Pasteurized 1% (low-fat) chocolate or other flavors based on customer demand.
- (3) Use 1% or skim milk in recipes when appropriate.
- (4) Use low fat or reduced fat cheeses used in cooking when appropriate.
- (5) Use egg substitute in place of whole eggs in baked items when appropriate.

7. Short Order.

a. Standards.

(1) Six grilled or specialty bar items (to include two entrée type proteins). Grilled item examples can include but are not limited to hot meat or vegetarian sandwiches, wraps, flatbreads/pizzas, burritos, fajitas, grilled chicken, kabobs, flatbread or wrap sandwiches, or stir-fry options. Specialty bar examples can include, but not limited to, pasta bars, burger bars, curry bars, burrito bars, and other internationally themed bars. No nutritional value added by requiring hamburgers, cheeseburgers, grilled ham and cheese, grilled cheese, and frankfurters be served on short order stations.

(2) One grilled, fresh vegetable or hot vegetable served at short-order station.

(3) French fries, onion rings must be baked or air fried and served no more than two meals per week.

(4) Chip and pretzel options will be limited to baked or whole grain varieties, served in grab-and-go areas only.

(5) Assorted condiments and toppings to compliment short-order items.

(6) Minimum modified short-order station options and standards will be the same as minimum short-order station options above, except only two short-order items required, at least one of which will be an entrée type protein. No nutritional value added by requirement of modified short order to have hamburgers, cheeseburgers, and frankfurters.

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b. Guidelines.

- (1) Offer as default 100% whole grain or whole wheat buns (>2g fiber per serving).
- (2) Use air propelled cooking sprays for grilling and instead of buttering breads for grilled sandwiches.
- (3) Only lean ground meat ($\geq 90\%$ lean) burgers with no fillers, extenders, or packaged with added flavorings.
- (4) Offer variety in cheeses used for grilled sandwiches (to include, but not limited to, provolone, Swiss, cheddar, feta, bleu, pepper jack, etc.).
- (5) As a cost saver, consider using previous day's pre-cut salad/fruit bar options for placement on pizzas and in stir-fry, or as grilled fresh vegetable options.
- (6) Flatbread/pizza topping options (Including, but not limited to the following):
 - (a) Lean meats (i.e. marinated chicken such as but not limited to pesto, jerk, barbeque, Buffalo, plain, herb vinaigrette; lean beef, lean meatballs, chicken or turkey sausage, pepperoni, turkey, ham, etc.).
 - (b) Cheeses (i.e. bleu, part-skim mozzarella, fresh mozzarella, cheddar, feta, parmesan, provolone, ricotta, etc.).
 - (c) Bases/sauces (i.e. red sauce, pesto, olive oil and garlic, barbeque, etc.).
 - (d) Vegetables/fruits (i.e. green, black or Kalamata olives, mushrooms, tomatoes, sun dried tomatoes, jarred or canned artichoke hearts, bell peppers of various colors, banana peppers, broccoli, onions [red, white, yellow or caramelized], garlic, jalapenos, pineapple, roasted red potatoes, spinach, fresh basil, etc.).
- (7) Stir-fry options, one from each of the following categories:
 - (a) Starch (i.e. pasta, rice, potato, etc.).
 - (b) Lean meat (i.e. chicken, lean beef, lean pork, turkey, etc.).
 - (c) Non-starchy vegetables.

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(d) Sauce (i.e. broth, barbeque, olive/canola oil and garlic, pesto, jerk, teriyaki or Asian style sauces, etc.) and seasoning (i.e. garlic, pepper, salt, seasoning salt, lemon pepper, sesame seeds, basil, oregano, onion powder, etc.).

(8) As a cost saver, use previous day's pastas, cooked meats, and precut salad/fruit bar options as able in accordance with Tri-Service Food Code. Combine pasta, rice potato, etc. with fresh cut vegetables and fruits with pre-cooked cut up lean meats and seasoning/sauces.

(9) The following examples are not all-inclusive nor mandatory, but are only meant to provide concept clarification:

(a) Option A: pasta, spinach, tomatoes, mushrooms, chicken or lean beef, garlic, olive/canola oil.

(b) Option B: rice, broccoli, carrots, onions, mandarin oranges, chicken or lean beef, and teriyaki.

(c) Option C: potato, carrots, beets, bell peppers, onions, chicken or lean beef, light oil and onion soup seasoning with broth.

8. Sandwich/Deli Station.

a. Standards.

(1) Three bread options. Two 100% whole-grain (>2 grams fiber per serving) and one variety bread choice.

(2) Three sliced lean meat options such as but not limited to turkey, ham, chicken, turkey pastrami, roast beef, etc. that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately less than or equal to 10% saturated fat content), and less than or equal to 1000mg sodium per 3 oz. serving.

(3) Two sliced cheese options such as but not limited to cheddar, Monterey Jack, provolone, pepper jack, Swiss, etc.

(4) Two deli sandwich toppings such as but not limited to sliced tomato, pickles, onions, whole lettuce leaves, etc.

(5) Two condiments such as but not limited to mayonnaise, mustard, ketchup, pickle relish, etc.

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b. Guidelines.

(1) Offer first 100% whole grain or whole wheat breads or tortillas (>2g fiber per serving).

(2) Use air propelled cooking sprays for any panini pressed sandwiches or wraps.

(3) Offer variety in cheeses used for grilled sandwiches (to include, but not limited to, provolone, Swiss, cheddar, feta, bleu, pepper jack, etc.).

(4) Sandwich/wrap topping options (Including, but not limited to the following):

(a) Lean meats (i.e. marinated sliced chicken such as but not limited to pesto, jerk, barbeque, Buffalo, plain, herb vinaigrette; lean meatballs, sliced deli meat: turkey, ham, roast beef, chicken etc.).

(b) Cheeses (i.e. bleu, part-skim mozzarella, fresh mozzarella, cheddar, feta, parmesan, provolone, ricotta, etc.).

(c) Sauces (i.e. red sauce, pesto, olive oil and garlic, barbeque, mustard, mayonnaise etc.).

(d) Vegetables/fruits (i.e. mushrooms, tomatoes, sun dried tomatoes, jarred or canned artichoke hearts, bell peppers of various colors, banana peppers, broccoli, onions [red, white, yellow or caramelized], garlic, jalapenos, pineapple, roasted red potatoes, spinach, fresh basil, etc.).

(e) Performance fats (i.e. green, black, or Kalamata olives, avocado, guacamole, etc.).

9. Fats and Oils.

a. Standards.

(1) Use only air-propelled cooking sprays for grilling.

(2) Offer a selection of oil (olive, canola, or blends) and vinegar (apple cider, balsamic, red, or white) on the salad bar based on customer demand.

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(3) Offer one nut spread at every meal that contains less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).

(4) Seven salad dressings to include two regular fat options and five containing less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content). Olive oil and vinegar will be offered independently as salad dressings in separate dispensers. Individual salad dressing packets are only to be used for carry-out or grab-and-go service, or at other appropriate locations, and must include one full fat and one reduced-fat option.

b. Guidelines.

(1) Fat choices should be based off cooking technique (e.g., baking, stir-frying, and sautéing, etc.).

(2) Use oils high in monounsaturated fats such as but not limited to olive, olive/canola blends, walnut, avocado, or grapeseed oils for most food preparations.

(3) When available may use sesame, peanut, or light coconut milk for cultural recipes.

(4) Serve avocado in season at salad bars and with culturally appropriate foods.

(5) Use nonfat dry milk and evaporated skim milk for cooking. Reconstitute as needed to equate to liquid milk requirements in recipes.

10. Beverages.

a. Standards.

(1) The following options offered at every meal in the beverage area:

(a) Water (non-carbonated).

(b) Skim milk.

(c) 1% white milk.

(d) 1% chocolate milk.

(e) Sports beverage.

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- (f) Two 100% single fruit or vegetable juice or juice blend.
 - (g) Coffee (regular and decaf available, with no ingredients added).
 - (h) Hot tea (herbal, black, or green, etc.).
 - (i) Unsweet iced tea.
 - (j) Carbonated beverages.
- (2) All milk options must be labeled to reflect fat content (i.e., skim/fat free, 1% low fat).
- (3) Offer lactose-free alternatives (e.g., lactose free milk, soy milk) based on customer demand.

b. Guidelines.

- (1) Water from two dispensers in beverage area, consider soda/seltzer water as second, carbonated option.
- (2) Milk must be in accordance with standards in 'Dairy and Eggs' section.
- (3) One sport beverage (carbohydrate-electrolyte beverage) containing 12-24 g carbohydrate (equates to 5-10% carbohydrate solution), 18-46 mg potassium, and 82-163 mg sodium per 8 ounce serving.
- (4) Offer lactose-free milk and milk alternatives based on customer demand.
- (5) If soda is offered, two must be caffeine-free (one light and one dark option) and one must be low-calorie.
- (6) If low-calorie beverages are offered, they must contain fewer than 40 calories per serving.
- (7) Offer sugar sweetened and sugar free beverage flavoring powders or low-calorie flavoring packets for addition to water for all meals if used in feeding operation.
- (8) Sodium restriction of vegetable and tomato juices not appropriate in ARSOF population due to increased electrolyte needs.

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(9) Appropriated fund foods service operations will not offer energy drinks, energy shots, energy gels, or any product that has been highly fortified or enriched (more than 100 percent of the daily value) or contains caffeine more than 100 milligrams of caffeine per 8-ounce serving.

(10) Products containing a non-nutritive (i.e., not an essential nutrient) ingredient (other than a preservative) must be evaluated by the DoD Nutrition Committee before acquisition. Exceptions require submission of a waiver request to the DoD Nutrition Committee.

11. Soups.

a. Standards.

- (1) One soup option based on seasonality.
- (2) All soups must contain less than 800 milligrams of sodium per 8 ounce serving.
- (3) If more than one soup is offered, one must contain less than 600 milligrams of sodium per 8 ounce serving.
- (4) When cream based soups are offered, serve only options that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).

b. Guidelines.

- (1) Offer broth-based soups at higher frequency than cream-or milk-based soups.
- (2) Vegetarian soups can be a good alternative vegetarian entrée option.
- (3) Broth or cream based options to be rotated throughout menu cycle to compliment main entrees and seasonal variations.

12. Condiments.

a. Standards.

(1) All sauces, condiments and spreads must be trans-fat free and contain no partially hydrogenated oils and less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content), with exception for butter as a condiment.

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- (2) Butter available for diner use at each meal.
- (3) If the operating budget permits, offer flavored coffee creamers.
- (4) To the largest extent feasible, all condiments are served from bulk dispensers.
- (5) Iodized salt and sodium-free seasoning available for diner use at each meal.
- (6) Offer at least one low-sugar fruit spread, jam, or jelly in addition to regular jam and jelly.
- (7) Offer regular syrup at breakfast. In addition to, and when available, offer sugar-free breakfast syrup based on customer demand.

b. Guidelines.

- (1) Coffee and tea condiment options will include:
 - (a) Low-fat (i.e. 1% fat) milk.
 - (b) Coffee creamers must be trans-fat free and contain no partially hydrogenated oils.
 - (c) Non-Dairy creamers (flavored or unflavored) must be reduced-fat options and contain no more than 1.0 grams saturated fat per 100 calories (equates to approximately 10% saturated fat content).
 - (d) Sugar and artificial sweeteners (i.e. Stevia, Splenda (sucralose), etc.)
- (2) Offer only mayonnaise, margarine, sour cream and cream cheese that contain less than or equal to 1 gram saturated fat per 100 calories (equates to approximately 10% saturated fat content).
- (3) When available, use plain Greek-style yogurt instead of sour cream.
- (4) Sodium restriction is not warranted in this population; no sodium limitations on condiments.

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(5) When hot or cold sandwiches are offered, provide appropriate accompaniments and condiments such as but not limited to sliced tomatoes, onions, pickles, lettuce leaves, ketchup, mayonnaise, mustard, relish, and salad dressing.

13. Desserts.

a. Standards.

(1) Four dessert options. If store-bought or pre-made, must contain less than or equal to 10g fat/serving and less than or equal to 25g sugar/serving. If made in-house, must adhere to Appendix B. To be placed on dessert bar:

(2) One fresh fruit option cut or sectioned into bite-size portions.

(3) Three additional dessert items such as but not limited to frozen yogurt, Greek-style yogurt, parfaits, cookies, cakes, pies, reduced fat ice cream etc.). Preference for baked goods to be made in house.

b. Guidelines.

(1) Fresh fruits may be cut and served as a fruit salad and served on the salad bar.

(2) Dessert options must follow recipe guidance (Appendix B).

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APPENDIX B: Preparation and Cooking Standard Guidelines.

1. Methods of preparation include baking, braising, broiling, grilling, poaching, roasting, sautéing, steaming, stir-frying, stewing and searing. No items are to be deep-fat fried.
2. No oils or fats containing trans-fat or hydrogenated/partially-hydrogenated fats will be used. Use olive oil or olive/canola oil blends for most food preparations. Use sesame or peanut oils for Asian dishes as available.
 - a. Use air-propelled cooking sprays for grilling.
 - b. Some examples of trans-fat free oils are olive, avocado, canola, corn, safflower, and vegetable oils.
3. Use butter, trans-fat free oils (contain no hydrogenated/partially hydrogenated fats), and spreads for baking and pastries as appropriate.
4. Use nonfat dry milk and evaporated skim milk for cooking. Reconstitute as needed to equate to liquid milk requirements in recipes.
5. Use low fat or reduced fat cheeses, dairy products, mayonnaise, salad dressings, etc., in cooking, toppings, and condiments as feasible.
6. Use low-sodium or reduced-sodium soy sauce and products for food preparation as feasible.
7. Use pasteurized liquid, frozen egg products for recipe requirements instead of raw shell eggs.
8. No monosodium glutamate containing products or ingredients.
9. Canned or frozen seafood must contain fewer than 290 milligrams of sodium per serving when available.
10. All pre-prepared entrees must contain fewer than 800 milligrams of sodium per serving.
11. When all hot items are served on the same line, serving line sequence is hot non-starchy vegetable side dishes first, hot starchy side dishes second, followed by main entrees.
12. All items will be labeled with nutrition information at serving point.

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13. In the instance that a pre-prepared entrée dish is needed (i.e. OCONUS, deployed setting, etc.), lean pre-prepared entrée dishes containing less than or equal to 500 calories, less than or equal to 35 percent calories from fat (usually less than or equal to 18 grams fat per serving), less than or equal to 10 percent calories from saturated fat (usually less than or equal to 5 grams saturated fat per serving), and less than or equal to 600 milligrams sodium.

14. No recipe made in house aside from desserts/pastries will exceed 4 cups added fats/100 servings (approx. 9g added fat/serving), 4 cups added sweeteners/ 100 servings (approx. 10g added sugar/serving), and 0.5 cups salt/100 servings (560mg sodium/serving).

15. Desserts and pastries prepared in house will not exceed the following: 5 cups added fats/100 servings (11g added fat/serving), 2.5 quarts (10 cups) added sweeteners/ 100 servings (20g added sugars/serving).

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APPENDIX C: Modified Guidelines for Boxed Cold Meals.

1. This appendix modifies the guideline parameters specific to boxed meal services. Unless specified below, boxed meals are to adhere to the guidelines previously outlined by this policy in Appendix A.
2. Boxed meals are to be kept in accordance with all HACCP preparation and service guidelines to ensure food safety and sanitation.
3. Fruits/Fruit Juices. two (2) fruit choices in each boxed meal from the following:
 - a. Whole fruit which can be eaten with minimal effort (i.e. banana, apple, pear, orange, grapes, etc.).
 - b. Fruit juice in shelf-stable container.
 - c. Fruit squeeze pack (i.e. unsweetened applesauce in pouch).
 - d. Dried fruits.
 - e. Fruit cup packed in 100% fruit juice.
4. Vegetables.
 - a. One serving (1 cup) of raw non-starchy vegetables which can be eaten with minimal effort (including, but not limited to: carrot sticks, celery sticks, cherry/grape tomatoes, bell peppers, cucumbers, etc.).
 - b. V8 vegetable juice may be added as a 'vegetable' in menu rotation.
 - c. All lunch/dinner boxes to include lettuce and tomato for sandwiches/wraps.
5. Grains. Alternate options daily.
 - a. One type of bread or wrap to be used for sandwich bread, including but not limited to: tortillas whether wheat, spinach, sundried tomato, white, or other type of wrap, flat bread, sub buns, sliced bread, bagels, English muffins.
 - b. Grains at breakfast may be in lieu of a breakfast sandwich, cereal cups and oatmeal cups.

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- c. One baked chip / cracker option, i.e. pretzels, Sun Chips, etc., with lunch and dinner only.
 - d. One pre-packaged grain/granola bar or individual bag of trail mix.
6. Meats/Proteins.
- a. At breakfast: 3-5 servings of protein (1 egg or 1 oz. meat is considered 1 serving of protein).
 - b. At lunch/dinner: 4-6 oz. protein. Examples include:
 - (1) Deli meats such as turkey, chicken, roast beef, ham.
 - (2) Cans or pouches of tuna, salmon, or chicken.
 - (3) Cheese (sliced or light string cheese sticks).
7. Dairy. One of the following to be included in each boxed meal:
- a. Skim or 1% milk (chocolate or plain).
 - b. Light low-fat or non-fat yogurt.
 - c. Low-fat or non-fat Greek yogurt.
8. Fats. One of the following in each boxed meal:
- a. Nuts (1oz). If nuts served consecutive days, alternate varieties. Trail mix may be served with breakfast to meet 'fats' requirement.
 - b. Guacamole or hummus or peanut butter.
9. Condiments. Condiments to be served with boxed meals as appropriate in individual servings, bolded items to be in all boxes (i.e. barbeque sauce, ranch dressing, mayonnaise, mustard, ketchup, peanut butter, salt, pepper, hot sauce, etc.).
10. Bulk sports drink powder will be provided with boxed meals.

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APPENDIX D: Modified Guidelines External Contract Food Service Catering.

1. This appendix modifies the guideline parameters specific to non-DoD, contracted, and catered meal services. Unless specified below, caterers are to adhere to the guidelines previously outlined by this policy.
2. Catered meals are to be kept in accordance with all HACCP preparation and service guidelines to ensure food safety and sanitation.
3. Fruit.
 - a. One fresh fruit choice per meal cut up and ready to eat.
 - b. One whole fruit choice per meal ready to eat.
4. Vegetables. At least two hot vegetables per meal, at least one of which has no added fat; one starch and one non-starchy deep colored vegetable (see Appendix E).
5. Salad Bar.
 - a. Salad bar includes leafy green salad.
 - b. Five salad bar toppings (see 'Salad Bar' section for examples).
 - c. Three salad dressings (two house dressings less than or equal to 10% saturated fat, extra virgin olive oil + vinegar).
 - d. Cold salads prepared with dressing that contains less than or equal to 10% sat fat.
6. Grains/Starches.
 - a. Bread varieties minimum standards: 3 choices of breads including one variety bread (i.e. bagel, English muffin, tortillas, sandwich rounds etc.) offered with meals.
 - b. One bread offered that is 100% whole grain (>3g fiber per serving).
 - c. One hot cereal without added fat or sugars at breakfast.
 - d. One non-fried hot starch served per meal without added fat (i.e. potatoes, rice, pasta, quinoa, couscous, etc.).

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- e. One legume/bean served at least 3 times per week.

7. Sandwich/Deli Station.

- a. Two varieties of bread offered: One 100% whole grain (>3g fiber per serving) and one variety bread choice.
- b. 2 sliced lean meat options (e.g. turkey, lean ham, chicken, turkey pastrami, roast beef, etc.).
- c. 2 sliced cheese options.

8. Meats and Entrées.

- a. Entrée options must consist of a whole protein source, minimum of 30g protein per serving.
- b. One red meat option (beef or game) and either one white meat (poultry or pork) or fish/seafood option.
- c. Fish served minimum of 1 time per week (wild caught, higher Omega-3 content preferred: e.g. salmon, tuna).

9. Dairy and Eggs.

- a. Use eggs with high Omega 3 content when available.
- b. Use cheese made from 2% milk or reduced-fat cheese, no 'processed cheese food' products.

10. Fats and Oils.

- a. Cook with olive oil as default cooking fat.
- b. Use other fats as appropriate for recipes within Appendix B guidance.

11. Beverages.

- a. The following options offered at every meal.

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(1) Water.

(2) 1% or skim milk. All milk options must be labeled to reflect fat content (i.e. 1%, skim milk).

(3) Non-dairy option (i.e. almond, soy, etc.).

(4) Sports Beverage.

(5) One 100% fruit or 100% fruit and vegetable blend juice.

(6) Coffee (no other ingredients added).

(7) Tea (herbal and caffeinated options) - unsweetened and fresh brewed.

12. Condiments.

a. All sauces, condiments, spreads to be less than or equal to 10% saturated fat. Examples include but are not limited to:

b. Nut butters (peanut, almond).

c. Guacamole (made with real avocado).

d. Salsa.

e. Pico de gallo.

f. Hummus (made with olive oil).

g. Ketchup.

h. Deli mustard.

i. Hot sauce.

13. Soups.

a. Served on a cold day, considered a side/starch option.

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b. One soup option from the following:

(1) Pureed vegetable soup, preferably a colored vegetable as a primary base (i.e. tomato, carrot, ginger, pumpkin, cauliflower, etc.).

(2) Broth type mixed soups with vegetables, rice, pasta, beans, chicken, turkey, stew, or chili type.

(3) No cream-based soups.

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APPENDIX E: Produce Guide – Seasonal Availability and Color-Nutrient Categories.

Note: When seasonal options are not available, choose frozen or canned in own juices/light syrup options from same color category of any season. Exact seasonal availability may differ depending on location and items may be available in multiple seasons even if not listed as such.

Produce Type	Season	Color	Examples
Fruits	Spring	Red/Blue/Purple	Cherries Raspberries Rhubarb Strawberries Red Apples Red/Purple Grapes
		Orange/Yellow	Apricots Pineapple Yellow Apples
		White/Tan/Brown	Bananas
		Green	Green Grapes Green Apples
	Summer	Red/Blue/Purple	Blueberries Strawberries Cherries Watermelon Plums Red Apples
		Orange/Yellow	Apricots Cantaloupe Nectarines Peaches Mangoes Yellow Apples
		White/Tan/Brown	Bananas
		Green	Honeydew Kiwifruit Green Apples
	Fall	Red/Blue/Purple	Cranberries Figs Red/Purple Grapes Persimmons
		Orange/Yellow	Oranges Mangoes Pineapple
		White/Tan/Brown	Bananas Dates
		Green	Green Grapes Green Apples
	Winter	Red/Blue/Purple	Red Apples

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		Orange/Yellow	Grapefruit Pineapple Yellow Apples
		White/Tan/Brown	Bananas
		Green	Green Pears Green Apples

*indicates starchy vegetables

#indicates fruits commonly used as vegetables

Produce Type	Season	Color	Examples
Vegetables	Spring	Red/Blue/Purple	Beets Radicchio
		Orange/Yellow	Carrots
		White/Tan/Brown	Mushrooms Turnips Radishes
		Green	Broccoli Collard Greens Mustard Greens *Peas Spinach Swiss Chard
	Summer	Red/Blue/Purple	# Tomatoes Beets Eggplants
		Orange/Yellow	*Corn Summer Squash Bell Peppers Carrots
		White/Tan/Brown	Mushrooms
		Green	Zucchini Okra Cucumber Collard Greens Bell Peppers Chayote Squash
	Fall	Red/Blue/Purple	Beets
		Orange/Yellow	Bell Peppers *Sweet Potatoes/Yams *Winter Squash
		White/Tan/Brown	Cauliflower Mushrooms Parsnips *Potatoes Rutabagas Turnips Jicama

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		Green	Bell Peppers Brussels Sprouts Broccoli Celery Collard Greens Mustard Greens Kale Green Beans Swiss Chard Spinach
		Red/Blue/Purple	Beets Radicchio
		Orange/Yellow	Carrots *Sweet Potatoes/Yams *Winter Squash # Pumpkin
		White/Tan/Brown	Parsnips Rutabagas *Potatoes Turnips
		Green	Brussel Sprouts Cabbage Celery Kale Leeks
	Winter		

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APPENDIX F: Synonyms for Added Sugar.

1. Honey, Agave nectar.
2. Barley malt, Barley malt syrup.
3. Cane juice, Cane juice crystals.
4. Cane sugar, Granulated sugar, Palm sugar, Turbinado sugar, Yellow sugar, Raw sugar.
5. Caramel.
6. Buttered syrup, Carob syrup.
7. Castor sugar.
8. Coconut palm sugar, Coconut sugar.
9. Confectioner's sugar, Powdered sugar.
10. Corn sweetener, Corn syrup, Corn syrup solids.
11. Beet sugar, Date sugar, Demerara sugar, Barbados sugar.
12. Dehydrated cane juice, Evaporated cane juice.
13. Dextrin, Dextrose.
14. Brown sugar, Free-flowing brown sugars, Golden sugar.
15. Fructose, Fruit juice, Fruit juice concentrate.
16. Glucose, Glucose solids.
17. HFCS (High-Fructose Corn Syrup).
18. Icing sugar, Invert sugar, Grape sugar.
19. Maltodextrin, Maltol, Maltose.

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20. Mannose, Muscovado.

21. Syrup, Maple syrup, Refiner's syrup, Rice syrup, Malt syrup, Cane syrup, Golden syrup.

22. Molasses, Sweet Sorghum, Sorghum Syrup.

23. Saccharose, Sucrose.

24. Panocha, Treacle.

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APPENDIX G: References.

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