

**PATRON
EDUCATION / NUTRITION
AWARENESS HANDOUT**

MESS HALL 2000 (BRUCE HALL) HQSVC BN / MAINSIDE							ICE PORTAL
MEAL HOURS	BREAKFAST	LUNCH	DINNER	BRK BRUNCH	DIN BRUNCH		QR CODE
MONDAY - FRIDAY			WEEKEND / HOLIDAY				
Main Line / Grill	0600 - 0800	1100 - 1300	1600 - 1800	0900 - 1100	1630 - 1800		
Sub Line / Shop		1100 - 1300	1600 - 1800	0900 - 1100	1630 - 1800		
MESS HALL 2123 (DWYER HALL) MCAF / HMX-1							QR CODE
MEAL HOURS	BREAKFAST	LUNCH	DINNER	BRK BRUNCH	DIN BRUNCH		
MONDAY - FRIDAY			WEEKEND / HOLIDAY				
Main Line / Grill	0600 - 0800	1100 - 1230	1630 - 1730	1000 - 1200	1630 - 1800		
MESS HALL 5005 (BOBO HALL) OCS							QR CODE
MEAL HOURS	BREAKFAST	LUNCH	DINNER	BRK BRUNCH	DIN BRUNCH		
MONDAY - FRIDAY			SUNDAY / HOLIDAY				
Fall (Sept - Nov) & Winter (Jan - Mar)	0530 - 0730	1120 - 1310	1630 - 1830	0900 - 1100	1730 - 1830		
Summer (May - Aug)	0800 - 1100	1300 - 1530	1730 - 2000	0900 - 1100	1730 - 1830		
MESS HALL 24202 (LOPEZ HALL) TBS							QR CODE
MEAL HOURS	BREAKFAST	LUNCH	DINNER	BRK BRUNCH	DIN BRUNCH		
MONDAY - FRIDAY			WEEKEND / HOLIDAY				
Main Line / Grill	0500 - 0630	1100 - 1300	1700 - 1830	1000 - 1200	1600 - 1730		
Carry Out	0500 - 0900	1100 - 1300	1700 - 1830	1000 - 1200	1600 - 1730		
MESS HALL 27269 (MALACHOWSKI HALL) WTBN / MCESG							QR CODE
MEAL HOURS	BREAKFAST	LUNCH	DINNER	BRK BRUNCH	DIN BRUNCH		
MONDAY - FRIDAY			WEEKEND / HOLIDAY				
Main Line / Grill	0515 - 0715	1100 - 1300	1630 - 1800	1000 - 1130	1600 - 1700		
Drive - Thru Window	0515 - 0715	1100 - 1300	1630 - 1800	1001 - 1130	1600 - 1700		



**Marine Corps Base
Quantico, VA**

INTRODUCTION

Athletes recognize that what they eat can impact their ability to win or lose. The ability to perform and recover is critical to success. Likewise, a physically fit Marine athlete is better prepared to face the challenges of training and combat. But without the proper fuel, i.e. food, even a fit Marine's performance will suffer. Endurance, strength, and recovery all depend on consistent and sound nutritional practices. Thus, learning to make the best possible food choices is a fundamental skill for all Marines.

Eating a performance diet is most easily accomplished in the mess hall due to the variety of healthy food options. A mess hall tool, entitled Fueled to Fight, includes a stop light color coding system. The color coding assists Marine athletes with identifying healthier food options and reducing the time needed for making performance enhancing choices. Use this guide to learn more about the program and begin the journey of performance fueling.

Welcome to the Mess Hall...the Marine athlete's TRAINING TABLE!



STANDARDS OF DRESS AND CONDUCT

1. Military dress code regulations will be enforced.
2. No shower shoes or open toe sandals.
3. No shorts made from cut-off trousers, unless properly hemmed and of Bermuda-type length.
4. No tank tops, T-shirts which do not properly cover the armpits, or any other type of undershirts.
5. No dirty or sweaty athletic attire inside facility.
6. All clothing should be clean and neat.
7. Profanity, abusive language, and/or loud yelling or talking are out of place at all times.
8. No radios of any type are permitted.

QUESTIONS / COMMENTS

If you have any questions or problems concerning the mess hall, feel free to discuss them with the General Manager.

Further information is available at your Installation's Semper Fit Program.

Nutrition Resources:

<http://www.choosemyplate.gov/>

<http://www.quantico.usmc-mccs.org/HealthPromotion/index.cfm>

MCO 10110.14N – Marine Corps Food Service and Subsistence Program

MCO 10110.49 – Nutrition and Menu Standards for Human Performance Optimization

DoD 1338.10 – DoD Menu Standards

USDA Dietary Guidelines for Healthy Americans

USMC Fueled to Fight® Nutrition Education Program

WHAT IS A PORTION?

A portion is an amount of food per item considered to be adequate to provide a nutritional meal. The Armed Forces Recipe Cards are required to be used in the preparation of food in the Mess Hall. These recipes contain information on how much food is required to feed a certain number of people, how the food is prepared, and what size portion to serve. All recipes have been approved by HQMC Dietitian and Sodexo Dietitian.

WHY CAN'T I TAKE FOOD OUT OF THE MESS HALL?

If you attend a meal and satisfy your hunger, then additional food you take with you and eat later may appease your hunger and cause you not to attend the next meal. This results in extra cost for the meal you took food from, and a loss from the next meal you would normally attend because your signature would have meant monetary credits for the mess hall. If you take food out of the mess hall for someone else, the Government loses because they are feeding an extra person who did not sign in.

WHAT CAUSES A SHORTAGE OF DISHES, CUPS, SILVERWARE, ETC.?

The money to pay for these items comes from a separate account and is budgeted far in advance. Many of these items are stolen, broken, or thrown away – too many to be effectively replaced. What would you do with a fork or spoon you found outside the mess hall – return it? Where do you think 100 to 250 pieces of silverware could disappear to in a month? They do not wear out, and when they are gone, they have to be replaced. If patrons would stop removing these items from the mess hall, there would not be a shortage.

HOW CAN WE GET MORE VARIETY MENU CHOICES?

The Dietitian has approved a 21 day menu cycle. The General Managers must follow the master menu requirements and are allowed to go above and beyond. If patrons are not coming to eat, they cannot afford to prepare extra special items. The Mess Hall needs the headcount to increase the Basic Daily Food Allowance.

FUELED TO FIGHT

The Fueled to Fight program is a single system for product identification which enhances the Marine's ability to make healthy choices in the mess hall.

The goal of Fueled to Fight is to identify a single system within the mess halls that makes it easy for Marines to make healthy choices.

This single system is a way to label foods so that Marines can immediately know what food choices are best for fueling their bodies.

The system is not there to dictate what every Marine eats, it's an educational tool. Marines will be able to make "informed choices" and still have all options available.

Fueled to Fight is a collaboration between USMC dietitian and Sodexo dietitian. USMC dietitian established the single system for product identification based on a stoplight system. Mess hall management and operations will be in charge of labeling each menu item on the serving line.

GREEN – "Engage at Will" These foods are great choices for overall health, physical, and mental performance.

YELLOW – "Well Aimed Shots" These foods should be consumed occasionally because they are higher in total fat and saturated fat.

RED – "Check Fire" Limit the intake of these foods because they are the highest in unhealthy fat and calories and may decrease performance.

FREQUENTLY ASKED QUESTION



An Overview: Stoplight Color Coding System Criteria Green, Yellow, and Red Designations

The criteria for the Fueled to Fight (F2F) system takes into consideration both nutrient density and overall nutrition quality. Assigning a Green “Engage at Will”, Yellow “Well Aimed Shots”, or Red “Check Fire” designation requires an examination of each food as a whole, including additives, degree of processing, and nutrient values. This Marine Corps mess hall program empowers and educates Marines on making informed decisions on meal items in order to maintain a high level of performance. Consuming excess portions from any of the groups can lead to excess calories which could exceed individual need.

	Green	Yellow	Red
Overall Nutrition Quality	Least-processed Wholesome, nutrient dense High fiber Low in added sugar Healthy fats	Moderate-processed Lower in fiber Added sugars or artificial sweeteners Lower quality fats	Most-processed Lowest-quality nutrients Added sugar Excess fats and/or trans fats Fried foods
Nutrient Specifics: FATS	≤30% of calories from total fats and ≤10% of calories from saturated fat Foods with ≥30% calories from fats are considered healthier if mainly from unsaturated fats, including omega-3 fatty acids	31–49% of calories from total fats and 11–15% of calories from saturated fat Some fats can be consumed daily with close attention to portion size	≥50% of calories from total fats and ≥16% of calories from saturated fat Trans fats are not authorized in dining facilities and must be avoided Saturated fats
Nutrient Specifics: CARBOHYDRATES	Higher in fiber containing >3 grams of fiber Most foods that have <10 grams of added sugar	Most products made with white or refined flour or other refined grains Non-naturally occurring fibers: inulin, chicory root, polydextrose, maltodextrin	Low in fiber containing < 2 grams Most foods that contain >18 grams of added sugar
Nutrient Specifics: PROTEIN	Plant-based protein is almost always considered healthier Leaner cuts of animal-based protein is considered healthier based on the amount and type of fat it contains	Highly processed plant proteins such as soy protein isolate Lean cuts based on percentage of fat	Highly processed meats and meat products Fried animal proteins or cuts with visible fat
Other Specifics: ADDITIVES	No artificial sweeteners Naturally occurring foods generally do not have additives	Artificial sweeteners, including acesulfame potassium, aspartame (Equal®), saccharin (Sweet'N Low®), sucralose (Splenda®)	Trans fats Artificial colors are usually a marker of a highly processed food

WHY MUST I SCAN MY CAC EVERY TIME I EAT?

The Marine Corps Food Management Information System (MCFMIS) Point of Sale (POS) replaced manual signature and cash collection procedures. The POS incorporates card scanners to read the CAC for patron identification and verify entitlements. The POS is integrated with MCFTS and will determine whether the patron should be charged for the meal (BAS) or will be authorized to subsist at the Government’s expense.

HOW DOES THE MESS HALL KNOW HOW MUCH FOOD TO MAKE?

The General Manager estimates how many customers they expect to feed per meal. The manager will never know for sure, but must take into account past attendance records and other factors. This is usually effective, but certainly is not error-free and at times some food selections can run out and you may have to wait for replacement/substitute items.

WHY MUST I SCAN AGAIN FOR SECONDS?

Scanning your CAC for additional portions or seconds, allows the General Manager to know how many additional portions were served. As stated above, previous records are used to forecast for upcoming meals. Individuals are not being charged twice for an additional portion.

WHAT IS SIK?

Subsistence-In-Kind, authorized to eat at Government expense. If you receive BAS (Basic Allowance for Subsistence) you are required to pay for your meals.

SINCE I RATE MEALS AT GOVERNMENT EXPENSE, WHY CAN'T I TAKE EVERYTHING OFFERED AND THROW AWAY WHAT I CAN'T EAT?

Waste is one of the biggest problems in the mess hall. Every time food is thrown away, money is wasted. Patrons have a tendency to eat with their eyes instead of their stomachs.

DIETARY GUIDELINES FOR AMERICANS 2015-2020

- 1 **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2 **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3 **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4 **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5 **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

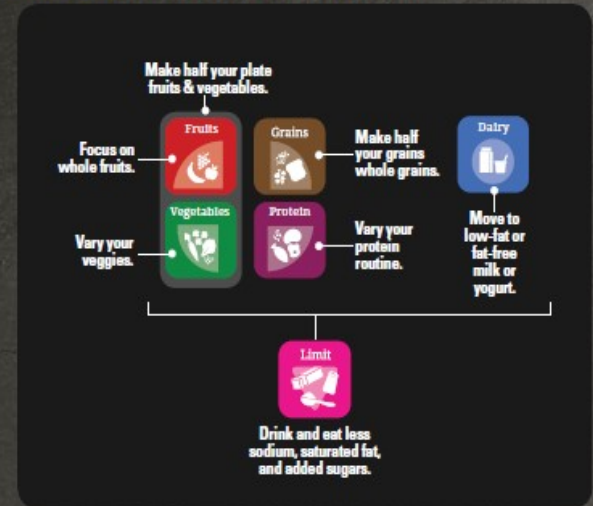
Using MyPlate as a Guide To Support Healthy Eating Patterns

The *Dietary Guidelines* is developed and written for a professional audience. Therefore, its translation into actionable consumer messages and resources is crucial to help individuals, families, and communities achieve healthy eating patterns. MyPlate is one such example (Figure 3-2). MyPlate is used by professionals across multiple sectors to help individuals become more aware of and educated about making healthy food and beverage choices over time. Created to be used in various settings and to be adaptable to the needs of specific population groups, the MyPlate symbol and its supporting consumer resources at ChooseMyPlate.gov bring together the key elements of healthy eating patterns, translating the *Dietary Guidelines* into key consumer messages that are used in educational materials and tools for the public.

Figure 3-2. Implementation of the *Dietary Guidelines* Through MyPlate

MyPlate, MyWins.

Find your healthy eating style and maintain it for a lifetime. This means:



Everything you eat and drink over time matters.

The right mix can help you be healthier in the future.



Start with small changes to make healthier choices you can enjoy.

Visit ChooseMyPlate.gov for more tips, tools, and information.



Nutritional Fitness in the USMC



FACTS:

- Science-based and effective nutrition strategies to help optimize performance during training, operations, and daily work life
- Focuses on nutrient composition, total intake, timing, location, and physiological and psychological impact
- Designed to optimize resiliency, readiness, lethality and preserve health
- Nutritional fitness is an essential component of total force fitness as poor nutrition degrades mission readiness and contributes to a variety of other health disorders

REQUIREMENTS/REFERENCES:

- MCO 10110.49 – Nutrition and Menu Standards for Human Performance Optimization
- MCO 10110.14N – Marine Corps Food Service and Subsistence Program
- DoD 1338.10 – DoD Menu Standards
- USDA Dietary Guidelines for Healthy Americans
- USMC Fueled to Fight® Nutrition Education Program
- USMC Buyer’s Guide for ingredient evaluation to industry on cleaner products

USMC FUELED TO FIGHT® MESS HALL NUTRITION EDUCATION PROGRAM:

- This “stoplight” rating system is an educational tool with posted signage to assist mess hall patrons in selecting healthier options more frequently and will be displayed on the main line.
- Requires an examination of each food/recipe as a whole, including additives, degree of processing, and nutrient values (density and quality).
- GREEN – Engage at Will: These foods are great choices for overall health, physical and mental performance.
- YELLOW – Well Aimed Shots: These foods should be consumed occasionally because they are higher in total fat and saturated fat.
- RED – Check Fire: Limit the intake of these foods because they are the highest in unhealthy fat and may decrease performance.
- The specific nutrient criteria for the program evaluates total and saturated fat, fiber, sugar, sodium, and micronutrient values for military dietary reference intake (MDRI).



GARRISON DINING:

- USMC Fueled to Fight® performance fuel requirement on main line for entrée, side, and vegetable
- Cold Bar (nutrient dense/quality items) for a more robust “salad bar” at all meals
 - Assorted seeds/nuts (unsalted), trail mixes -- for yogurt parfaits with fruit or stand alone, hard cooked chopped eggs, yogurt, shredded cheese, dried fruit, fresh seasonal fruit, celery, carrots, tomatoes, spinach, mushrooms, bell peppers (items to add to scrambled eggs or stand-alone)
- Convenience Line Concept with a variety of “Engage at Will” options for carryout
- Healthier choices presented up front on main line for ease of access and fusion waters
- Entrées, side dishes, and other menu items will incorporate use of contrasting and complementary foods and spices and reflect popular food trends
- Whole grain options will be provided throughout the menu to minimize empty calories
- Good sources of vitamin A or vitamin C at every meal (colorful, dark leafy and deep yellow, orange and red vegetables)
- Egg whites or egg substitutes (reduced cholesterol) as an alternative to whole egg products based on customer demands
- Leaner, high quality proteins will be available
- Comfort foods (Red – “Check Fire”) will NOT be eliminated from the garrison dining environment (cheeseburgers, pizza, desserts, side items, sandwiches, etc)
- Variety of menu concepts/specialty bars offering highly acceptable nutritious entrees, as an alternative to the main line or convenience line to satisfy the palate of all patrons
- Patrons will have the opportunity to provide feedback on acceptability of menu items
- Additional portions (“seconds”) offered during each dining visit
- Cost effective dining for uniformed patrons and no cost to Marines on essential station messing (ESM) and entitled to subsist at government expense (meal cards)

