



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

GRIT 365

MARCH 2020

BALANCED DIET

GOAL

Optimize human performance and resiliency through a nutrient rich diet

FOOD FOR THOUGHT

1. Watch this video on the impact of food on your mood and brain:
https://www.ted.com/talks/mia_nacamulli_how_the_food_you_eat_affects_your_brain/transcript
2. Explore this website that has resources for creating a healthy diet. Consider testing your knowledge on the quizzes tab.
<https://www.choosemyplate.gov/>
3. Find an article that interests you on the Human Performance Resource website and share what you learned with others:
<https://www.hprc-online.org/>

THE EXTRA MILE

Health Promotion is the art and science of helping individuals, commands and the military community improve their health-related behaviors and outcomes. Health Promotion provides a range of programs and services that facilitate healthy living as the default lifestyle choice and social norm. Contact your local Ramstein Health Promotion at 480-1799/1689 or connect on Facebook: <https://www.facebook.com/HealthPromotionHQ/>

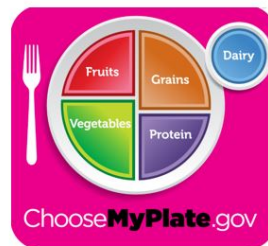
LET'S TALK ABOUT IT

HOW TO EXECUTE

Whether with your children, teenagers, spouse, or friends, find some time to talk about the importance of having a balanced diet. When we begin to talk about the importance of diet and the effects of the fuel we put into our bodies, it gains a more prominent position in thoughts. Humans learn best through thoughtful discussion, so take some time to connect with the people in your life.

SUGGESTED DISCUSSION POINTS:

1. When you think of a balanced diet, what comes to mind? Has this changed over time?
2. How does what you eat affect how you feel?
3. What goals could you make for adopting a more balanced diet?



CHALLENGE

HOW TO APPLY THE LESSON

Together with the members of your household, decide on a SMART (specific, measurable, attainable, realistic, time-based) goal that you can make to achieve a more balanced diet. For instance, "We will pack lunches every work or school day that include a fruit and veggies" or "We will eat no more than one meal per week at a restaurant." might be your goals. Once you discuss and agree on a goal, post in somewhere than the entire household can see it daily (e.g., the fridge door) and work together to accomplish the goal as a team. If you meet your goal for one month straight, consider rewarding your hard work!



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.