

Nutritional Fitness Resources: Bridging Performance and Disease Prevention

In support of Total Force Fitness and the White House National Strategy on Hunger, Nutrition, and Health

Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health

Learn more about the White House National Strategy on Hunger, Nutrition, and Health and the White House Challenge to End Hunger and Build Healthy Communities.

- [White House National Strategy on Hunger, Nutrition and Health](#)
- [White House Challenge to End Hunger and Build Healthy Communities](#)

CHAMP-HPRC Nutrition Resources

HPRC Resources to Help Service Members Optimize Nutrition

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- [Warfighter Nutrition Guide](#)
- [Smart Grocery Shopping on a Budget](#)
- [Meal-planning tips](#)
- [Cooking Dried Beans](#)
- [Nutritional fitness for families](#)

CHAMP-MNE Resources

Military Nutrition Environment Resources and Key Messages

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- [Military Nutrition Environment: Resources and Key Messages \(PDF\)](#)



Joint-Incentive Fund VA/DOD Cardiovascular Disease Prevention Project

Visit the Virtual Medical Center (VMC) at vavmc.com and register for an account in order to explore the Performance, Health & Wellness Center (PH&WC), an avatar-interactive space where Service Members can learn how to reduce their risk for cardiovascular disease. PH&WC provides active-duty Service Members and Veterans with evidence-based educational resources to help them improve their Total Force Fitness and Whole Health for lifelong wellness. VMC also hosts the Centers for Disease Control's National Diabetes Prevention Program (DPP) which has been adapted for this unique learning environment.

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- [VA Prevent T2 Diabetes Prevention Program](#)

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- [VA-VMC Program Overview](#)

Leader-Inspired Nutrition (Next2LIN)

Leader-Inspired Nutrition Key Messages

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- [What is Leader-Inspired Nutrition \(LIN\)?](#)

Armed Forces Wellness Centers

Information about the Armed Forces Wellness Centers

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- [Armed Forces Wellness Centers](#)

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Department of Defense Education Activity: School Meals Branch

Information about the DoDEA Health and Wellness Program

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➤ [DODEA HEALTH AND WELLNESS PROGRAM: SCHOOL MEAL PROGRAM](#)

VA Nutrition and Food Services

Nutrition Resources for Veterans, Transitioning Service Members, and their Families

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Nutrition handouts, cookbooks, YouTube Channel, videos and more can be found at nutrition.va.gov:

➤ [Healthy Teaching Kitchen Program](#)

➤ [Recipes, Cookbooks, and Cooking Videos](#)

➤ [VHA Food Security Office](#)

➤ [Heart Health](#)

Nutrition information included in materials for transitioning Service Members and their families:

➤ [VA Welcome Kit](#)

➤ [VA Transition Assistance](#)

➤ [VA Food-Nutrition Quick Start Guide](#)



Lifestyle & Performance Medicine Working Group

To find out more about the lifestyle-medicine approach in support of Service Member health, contact the Lifestyle & Performance Medicine Working Group at lifestyleperformancemed@gmail.com.



Sign up for emails



Learn about education, training, and other resources



Resource Spotlight

American College of Lifestyle Medicine Food as Medicine Program

The American College of Lifestyle Medicine (ACLM) is committed to providing 100,000 healthcare professionals with a complimentary registration for its 5.5-hour Lifestyle Medicine and Food as Medicine Essentials CME/CE-accredited online course bundle.

- Intro to Lifestyle Medicine (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction (90 minutes)

➤ [Course Registration Link](#)

Registration code for free access:

For VA providers: ESS-VA23

For DoD providers: ESS-DOD23

➤ [Additional Discounts for VA/DoD Staff](#)