

CANADIAN ARMY PHYSICAL HEALTH AND FITNESS - NUTRITION

APPLICABLE TO

Personnel under command of the Commander Canadian Army.

REFERENCES

- A. Canadian Army Performance Triad
(<http://strongproudready.ca/missionready/en/canadian-army-performance-triad-cap3/>)
- B. DFit.ca (https://www.dfit.ca/nutrition_resources)

GENERAL

1. Proper nutrition will ensure CA team members properly fuel their bodies for the demands of Army life. Healthy eating habits provide CA team members the energy required to fuel operational demands, ensure the body has sufficient nutrients so that it is able to repair minor injuries, and help to prevent serious illness caused or exacerbated by poor dietary habits.
2. The purpose of this annex is to outline the importance of nutrition and its effect on soldiers' overall health and fitness, and to highlight individual and chain of command responsibilities.

DISCUSSION

3. The quality and quantity of food we eat plays a significant role in the physical, mental and emotional performance of CA personnel in all aspects of their personal and professional lives. CA team members are extreme performance tactical athletes, premium fuel is necessary to produce premium results. It is impossible to exercise your way out of a poor diet.
4. Maintaining a healthy body weight is an important aspect of overall health and poor dietary habits can rapidly lead to excess body fat and obesity. These are more than just individual issues; they collectively constitute a concern for the entire CA team because they can lead to long term chronic health conditions that ultimately have a negative impact on the operational readiness of the CA.
5. Operational readiness starts with fit and healthy personnel who are educated, enabled and practice sound eating habits in support of a deliberate and relevant physical fitness training program.

6. All CAF operated kitchens offer selections from the Healthier Choice and Vegetarian recipe database of the National Standardized Cycle Menu (NSCM), providing soldiers with an option of healthier menu choices.

RESPONSIBILITIES

7. Chain of Command. Commanders at all levels within the CA will:
- a. Understand and promote educational materials as articulated in reference A.
 - b. Positively collaborate/engage with Base kitchens and dining facilities to ensure the CAF generated Healthier Choice and Vegetarian recipe database generates meal plans based upon the NSCM that support planned training events and activities.
8. Individual Responsibilities. All members of the CA team will become familiar with reference A.

CONCLUSION

9. Proper nutrition is required to fuel CA tactical athletes. All members of the CA team have a responsibility to make informed nutritional choices that support and enable their personal and professional fitness goals. These decisions directly affect the physical, mental and emotional performance of CA team members while reinforcing and enabling positive choices ultimately leads to enhanced personal health and fitness and supports operational readiness.