



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY MEDICAL COMMAND
2050 WORTH ROAD
FORT SAM HOUSTON, TEXAS 78234-6000

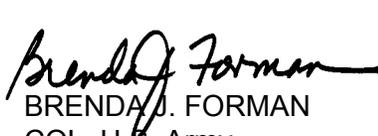
MCHO-CL-R

15 December 2003

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS

SUBJECT: 2004 National Nutrition Month Resource Packet

1. The Department of Defense (DOD) Nutrition Committee is pleased to present the DOD National Nutrition Month (NNM) Resource Packet. National Nutrition Month® is an annual event sponsored by the American Dietetic Association (ADA website: <http://www.eatright.org>). To promote NNM, the theme for March 2004 is **"Eat Smart, Stay Healthy"**.
2. The slogan for 2004, **"Eat Smart, Stay Healthy"** reinforces the importance of nutrition and physical activity as key components in an individual's health today and in the future. A healthy lifestyle is the key to feeling great and peak performance. This year's slogan communicates that a healthy lifestyle starts with healthy eating. It is a call to action that challenges Americans to take responsibility for their nutrition and physical activity choices. Key messages in the current campaign include personalizing food choices that include variety, making moderation a goal, and developing a fitness plan.
3. The packet contains articles; nutrition games; nutrition resources; and reproducible handouts, to include an updated folic acid handout, for your use in planning and supporting activities during NNM. The information provided is not limited to use in March, but should be utilized throughout 2004 to support a healthy lifestyle and improve mission readiness of our soldiers, sailors, and airmen.
4. Have a successful National Nutrition Month! The points of contact for the nutrition resource packet are LTC Deborah Simpson (Army), DSN 584-8856, Commercial (410) 436-8856, LCDR Michael Criqui (Navy), DSN 882-4268, Commercial (901) 874-4268, or Maj Charity Thomasos (Air Force), DSN 857-3154.


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