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HEALTH PROMOTION NUTRITION

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This publication implements Air Force Policy Directive (AFPD) 40-1, *Health Promotion*. It establishes policies governing Health Promotion Nutrition to promote Airmen health, fitness, mission readiness, and work productivity. This publication applies to all military and civilian Air Force (AF) personnel, including Air Force Reserve Command (AFRC) units and the Air National Guard (ANG). Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with (IAW) Air Force Manual (AFMAN) 33-363, *Management of Records*, and disposed of IAW Air Force Records Disposition Schedule (RDS) located in the Air Force Records Information Management System (AFRIMS). Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using the AF Form 847, *Recommendation for Change of Publication*; route AF Forms 847 from the field through the appropriate functional chain of command. This publication may be supplemented at any level, but all direct Supplements must be routed to the OPR of this publication for coordination prior to certification and approval. The authorities to waiver wing/unit level requirements in this publication are identified with a Tier (“T-0, T-1, T-2, T-3”) number following the compliance statement. See AFI 33-360, *Publications and Forms Management*, for a description of the authorities associated with the Tier numbers. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority, or alternately, to the Publication OPR for non-tiered compliance items.

SUMMARY OF CHANGES

This document has been substantially revised and must be completely reviewed. Major changes include: identifies Tiered waiver authorities for unit level compliance items; requires the installation commander to establish the Nutritional Environment Working Group to address

opportunities to improve the installation nutritional environment (Active Component only); and establishes Air Force dietary supplement policy in the areas of education, high-risk supplements, and provider training.

Chapter 1

PROGRAM OVERVIEW

1.1. Overview. Health Promotion Nutrition is the science and art of helping people change nutrition patterns to move toward a state of optimal health. The process includes the assessment, planning, implementation, monitoring, and evaluation of comprehensive strategies that target populations and groups. Nutrition can be improved through a combination of efforts to enhance awareness, change behavior, and create environments to sustain healthy eating practices. Providing supportive environments has the greatest impact to produce lasting change.

1.2. Purpose. Health Promotion Nutrition supports the commander in cultivating a fit and ready force that is resilient, productive, effective, and healthy. Health Promotion Nutrition emphasizes changing and structuring the nutritional environment to facilitate and promote healthy food choices.

1.3. Scope. Health Promotion Nutrition strategies should consider all levels of the Social-Ecological Model. Health status is dependent upon the collective behaviors, attitudes, knowledge, and beliefs of family and community. Delivery of programs and services are provided in locations where target populations live, work, and play with emphasis on high population reach programs and strategies.

Chapter 2

ROLES AND RESPONSIBILITIES

2.1. Air Force Surgeon General (AF/SG).

- 2.1.1. Oversees Air Force nutrition and dietary supplements policy.
- 2.1.2. Ensures adequate programming, budget, training, and research to support nutritional fitness and dietary supplement safety for Airmen.
- 2.1.3. Advocates for comprehensive and evidence-based strategies to create a culture and environment supportive of nutritional fitness.
- 2.1.4. Collaborates and coordinates nutrition policy with US Air Force Deputy Chief of Staff for Manpower and Personnel (AF/A1).

2.2. Air Force Deputy Chief of Staff for Manpower and Personnel (AF/A1).

- 2.2.1. Supports AF/SG in developing Air Force nutrition and dietary supplements policy.
- 2.2.2. Provides policy and guidance for integrating and vetting new/emerging institutional education and training requirements or learning outcomes into accessions, Professional Military Education (PME), Professional Continuing Education (PCE) and ancillary training..
- 2.2.3. Monitors Air Force Personnel Center Services, Army and Air Force Exchange Service (AAFES), and Defense Commissary Agency (DeCA) sales of dietary supplements and coordinates with AF/SG.
- 2.2.4. Develops policy on the availability and sales of supplements to support the safety, health and performance of Airmen to include compliance with Food and Drug Administration (FDA) warnings and recalls.
- 2.2.5. Ensures dietary supplement standard warnings and disclaimers are prominently displayed to include special provisions for flyers and Personnel Reliability Program (PRP).
- 2.2.6. Ensures, pursuant to applicable agreements and DoD Directives/Instructions, that AAFES operations on Air Force installations:
 - 2.2.6.1. Support an environment that places priority on warfighters' nutritional fitness, performance and health.
 - 2.2.6.2. Use effective marketing strategies to promote the purchase of healthy foods and beverages.
 - 2.2.6.3. Provide dietary supplement sales information to AF/A1.
 - 2.2.6.4. Comply with FDA warnings and recalls. Ensure standard supplement warnings and disclaimers are prominently displayed to include special provisions for flyers, Personnel Reliability Program (PRP), and other military populations with guidance restrictions on supplement use when notified by the appropriate authority.
 - 2.2.6.5. Make healthy foods available, convenient, reasonably priced, appetizing, and flavorful to consumers of AAFES food, beverage, and vending operations.

2.3. Air Force Medical Support Agency, Health Promotion (AFMSA/SG3P).

2.3.1. Develops policy, systems, and environmental interventions to support nutritional fitness and dietary supplement safety.

2.4. Air Force Medical Operations Agency (AFMOA).

2.4.1. Biomedical Sciences Corps Operations (SGB)

2.4.1.1. Coordinates with AFMOA Health Promotion and AF/SG Dietetics Consultant on nutritional guidance and programs.

2.4.2. Health Promotion Operations (SGPZ)

2.4.2.1. Develops, implements and evaluates interventions that promote nutritional fitness and dietary supplement safety.

2.4.2.2. Advances the capabilities of the Air Force Medical Service to provide nutrition education to Military Treatment Facility (MTF) beneficiaries, particularly at MTFs without medical nutrition therapy services.

2.4.2.3. Partners with Air Force Personnel Center, Services and other stakeholders to operationalize standardized tools to assess the eating environment, identify opportunities for improvement, and implement and evaluate targeted interventions to promote the purchase and consumption of healthy foods.

2.4.2.4. Ensures dietitian serves as AF HP Nutrition Consultant and is the consultant to Major Command (MAJCOM) dietitians on community nutrition and population-based nutrition approaches as appropriate.

2.5. AF/SG Dietetics Consultant.

2.5.1. Advises AF/SG on nutrition policy.

2.5.2. Coordinates with AFMOA Health Promotion and AFMOA/SGB on nutritional guidance and programs.

2.6. Air Force Personnel Center, Services.

2.6.1. Partners with Air Force Health Promotion to promote availability and consumption of healthy food options on Air Force installations; annual assessment of the installation nutritional environment; and training of food service personnel in healthy menu planning and food preparation.

2.6.2. Ensures Air Force dining facilities label food items IAW the *Go For Green* criteria (see Attachment 2).

2.6.3. Provides food service personnel with knowledge, skills and training necessary for menu planning and food preparation that will maximize the nutritional value of foods and promote healthy food purchase and consumption.

2.6.4. Monitors the sale of dietary supplements and nutritional products in AF Services facilities.

2.6.5. Implements policy on the availability and sales of supplements to support the safety, health and performance of Airmen to include compliance with Food and Drug Administration (FDA) warnings and recalls in AF Services facilities.

2.6.6. Implements dietary supplement standard warnings and disclaimers are prominently displayed, to include special provisions for flyers and Personnel Reliability Program (PRP), in AF Services facilities.

2.7. MAJCOM or MAJCOM-Designated Dietitian Consultants.

2.7.1. Coordinates with AFMOA/SGPZ on implementation of HP nutrition strategies and interventions/initiatives and orientation, training, and mentorship of HP Registered Dietitians.

2.7.2. Advises the command and appropriate higher headquarters staff on nutrition issues, and provides guidance and nutrition consultation to bases and MTFs.

2.7.3. Serves as clinical supervisor for HP Registered Dietitians to include the credentialing process and diet certification.

2.7.4. Ensures that the peer review process for HP Registered Dietitians complies with AFMAN 44-144, *Nutritional Medicine*.

2.8. Wing Commander (or equivalent).

2.8.1. Supports an environment that supports installation personnel to make food choices that improve health, performance and well-being. (T-2)

2.8.2. Appoints a cross-functional Nutritional Environment Working Group IAW **Paragraph 3.2.1. (NOTE: Active Component only. Does not apply to ARC)** (T-2)

2.8.3. Communicates informed, responsible, and safe use of dietary supplements at least annually IAW **Paragraph 4.1.1** (T-3)

2.8.4. Appoints a cross-functional Operation Supplement Safety (OPSS) Working Group IAW **Paragraph 4.1.2 (NOTE: Active Component only. Does not apply to ARC)** (T-3)

2.9. Unit Commander and Supervisor.

2.9.1. Supports a work environment that promotes access to healthy foods. (T-3)

2.10. Force Support Squadron Commander/Director (FSS/CC).

2.10.1. Promotes healthy food purchase and consumption, including food service and vending contracts. (T-1)

2.10.2. Supports assessment of the nutritional environment, and implements and evaluates interventions to promote the availability, purchase and consumption of healthy foods. (T-1)

2.10.3. Monitors the sale of dietary supplements and nutritional products in Services facilities. (T-1)

2.10.4. Implements policy on the availability and sales of supplements to support the safety, health and performance of Airmen to include compliance with Food and Drug Administration (FDA) warnings and recalls. (T-1)

2.10.5. Ensures dietary supplement standard warnings and disclaimers are prominently displayed to include special provisions for flyers and Personnel Reliability Program (PRP). (T-1)

2.10.6. Coordinates with Medical Group Commander (MDG/CC) on evaluating efficacy and health risks of dietary supplements being sold in AF Services facilities. (T-3)

2.10.7. Ensures dietary supplements and other nutritional products sold by individuals on base are IAW AFI 36-2925, *Personal Commercial Solicitation on Air Force Installations*. (T-1)

2.11. Medical Group Commander (MDG/CC).

2.11.1. Advocates for comprehensive, evidence-based strategies to create a culture and environment supportive of nutritional fitness. (T-3)

2.11.2. Provides adequate programming, budgeting, training, and resourcing to achieve HP Nutritional Fitness goals and objectives resulting in improved Airman performance and health. (T-3)

2.11.3. In collaboration with the MAJCOM Consultant Dietitian and AFMOA/SGPZ, provides options to ensure that all patients have access to nutrition education when the MTF does not have Nutritional Medicine (NM) operations IAW AFMAN 44-144. (T-3)

2.11.4. Coordinates with NM and/or HP to provide guidance to FSS/CC on the health risks, efficacy and sale of dietary supplements in Services facilities. (T-3)

2.12. Food Facility Managers.

2.12.1. Ensures food is labeled IAW the *Go For Green* criteria (Attachment 2) in military dining facilities. (T-0)

2.12.2. Ensures food service personnel have knowledge, skills and training necessary for menu planning and food preparation that will maximize the nutritional value of foods and promote healthy food purchase and consumption. (T-3)

2.12.3. Supports assessment of the nutritional environment, and implements and evaluates interventions to promote the availability, purchase and consumption of healthy foods. (T-3)

2.13. Installation Health Promotion Team. (NOTE: For stand-alone AFRC installations only, Exercise Physiologist/Fitness Program Manager is responsible for the installation's Reservist HP Nutrition program, which is not subject to the requirements set forth in this AFI. Exercise Physiologist/Fitness Program Manager implements Reservist HP Nutrition program to the extent that resources and capabilities are available.) (T-3)

2.13.1. Informs commanders at least annually (e.g. briefing, written report, e-mail) on the nutritional and weight status of their units, as well as strategies to improve health and mission productivity. (T-3)

2.13.2. Coordinates an annual assessment of the installation nutritional environment through the installation Nutritional Environment Working Group; identifies opportunities to improve healthy eating options; and implements and evaluates interventions to promote the availability, marketing, purchase and consumption of healthy foods, in partnership with installation food service establishments. (T-1)

Chapter 3

NUTRITION

3.1. Go For Green.

3.1.1. All food in military dining facilities shall be categorized and displayed in accordance with *Go For Green* criteria (Attachment 2) and IAW AFI 44-141/BUMEDINST 10110.6/AR 40-25, *Nutrition and Menu Standards for Human Performance*. (T-0)

3.2. Nutritional Environment Assessment (NOTE: Active Component only. Does not apply to ARC)

3.2.1. The installation commander shall appoint a cross-functional Nutritional Environment Working Group coordinated by a dietitian or health promotion coordinator. Membership may include: dietitian, health promotion coordinator, the Appropriated Fund (APF) dining facility, exchange, commissary, Non-Appropriated Fund [NAF] food facilities, lodging, fitness center, and any other installation stakeholders interested in promoting a healthy nutritional environment. (T-2)

3.2.2. The Nutritional Environment Working Group shall conduct an annual assessment of the installation nutritional environment, develop an annual healthy food improvement action plan, and brief installation leadership at least annually. (T-2)

Chapter 4

DIETARY SUPPLEMENTS

4.1. Operation Supplement Safety (OPSS).

4.1.1. OPSS is the DoD initiative to educate healthcare providers and Service members on dietary supplement safety, including energy drinks. The installation commander shall communicate informed, responsible, and safe use of dietary supplements at least annually. (T-3)

4.1.2. **(NOTE: For stand-alone AFRC installations only, Exercise Physiologist/Fitness Program Manager is responsible for the installation's Reservist HP Nutrition program, which is not subject to the requirements set forth in this AFL. Exercise Physiologist/Fitness Program Manager implements Operation Supplement Safety to the extent that resources and capabilities are available.)** The installation commander shall appoint a cross-functional OPSS Working Group chaired by a dietitian or health promotion coordinator. The OPSS Working Group will communicate consistent, coordinated, and widespread messages on dietary supplement safety. Membership may include dietitian, diet technician, flight surgeon, other primary care health providers, aerospace physiologist, exercise physiologist, health educator, fitness center staff, safety, public affairs, drug demand reduction staff, and any other installation stakeholder committed to dietary supplement safety. The OPSS Working Group shall brief installation leadership at least annually. (T-3)

4.2. Use of Dietary Supplements.

4.2.1. Dietary supplement use, as defined by the Dietary Supplement Health and Education Act (DSHEA), shall generally be permitted. Aircrew is required to gain approval for dietary supplement use by the flight surgeon IAW AFI 48-123, *Medical Examinations and Standards*. (T-1)

4.2.2. Airmen are discouraged from using high-risk dietary supplements with unacceptable benefit-to-risk ratio, as defined by Air Force Medical Support Agency (AFMSA/SG3P). Consult the Health Promotion Nutrition Guide for current guidance.

4.2.3. The absence of a dietary supplement on the high-risk list does not imply Air Force endorsement of the dietary supplement. Dietary supplements may contain substances that are prohibited.

4.3. Healthcare Provider Training.

4.3.1. Healthcare providers shall be trained at least annually on the need to obtain a thorough history of dietary supplement use, to include herbal preparations, multivitamin, mineral, and other dietary supplements in the form of gels, pills, powders, and shakes. The history will be documented in the patient's medical record. (T-3)

4.3.2. Healthcare providers shall be trained at least annually on the need to report any adverse event that they believe may be associated with dietary supplements. Adverse events shall be reported through Air Force Medical Operations Agency. (T- 3)

THOMAS W. TRAVIS
Lieutenant General, USAF, MC, CFS
Surgeon General

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

DoDI 6130.05, *DoD Nutrition Committee*, 18 February 2011

AFPD 40-1, *Health Promotion*, 17 December 2009

AFI 33-360, *Publications and Forms Management*, 25 September 2013

AFI 34-239, *Food Service Management Program*, 17 April 2014

AFI 36-2905, *Fitness Program*, 21 October 2013

AFI 36-2925, *Personal Commercial Solicitation on Air Force Installations*, 28 August 2013

AFI 40-101, *Health Promotion*, 17 December 2009

AFI 44-102, *Medical Care Management*, 20 Jan 2012

AFI 44-141_IP (AR 40-25/BUMEDINST 10110.6), *Nutrition Standards and Education*, 15 June 2001

AFI 48-123, *Medical Examinations and Standards*, 5 November 2013

AFI 90-501, *Community Action Information Board and Integrated Delivery System*, 15 October 2013

AFMAN 33-363, *Management of Records*, 1 March 2008

AFMAN 44-144, *Nutritional Medicine*, 29 June 2011

USDA *Dietary Guidelines for Americans*, <http://www.cnpp.usda.gov/dietaryguidelines.htm>

USDA *MyPlate*, <http://www.choosemyplate.gov>

Prescribed Forms

None

Adopted Forms

AF Form 847, *Recommendation for Change of Publication*

Abbreviations and Acronyms

AAFES—Army and Air Force Exchange Service

AF/A1—US Air Force Deputy Chief of Staff for Manpower and Personnel

AFI—Air Force Instruction

AFMAN—Air Force Manual

AFMOA—Air Force Medical Operation Agency

AFMOA/SGHC—Air Force Medical Operation Agency, Health Promotion Operations

AFMSA—Air Force Medical Support Agency

AFMSA/SG30—Air Force Medical Support Agency, Health Promotion

AFPD—Air Force Policy Directive

AFRC—Air Force Reserve Command

AF/SG—US Air Force Surgeon General

ARC—Air Reserve Component

CAIB—Community Action Information Board

DeCA—Defense Commissary Agency

FSS—Force Support Squadron

FSS/CC—Force Support Squadron Commander/Director

HP—Health Promotion

HPP—Health Promotion Program

HPSO—AF Health Promotion Support Office

IDS—Integrated Delivery System

MDG—Medical Group

MNT—Medical Nutrition Therapy

MTF—Military Treatment Facility

NAF—Non-Appropriated Fund

NM—Nutritional Medicine

PHWG—Population Health Working Group

RD—Registered Dietitian

USDA—US Department of Agriculture

Attachment 2

GO FOR GREEN CRITERIA

Table A2.1. Go for Green Criteria.

Tips to build a healthy plate	Eat Often (Almost anytime)	Eat Occasionally (Select portions carefully)	Eat Rarely (Once in a while)
Vegetables <ul style="list-style-type: none"> • Eat 3–4 cups non-starchy vegetables a day. • Starchy vegetables such as potatoes and corn are in the Grains/Starches group. 	Fresh or frozen vegetables Canned vegetables rinsed to remove salt (green beans, beets) No-added-salt canned vegetables (tomato) Leafy green salads with dark greens (spinach, spring mix) and vegetable toppings	Fresh or frozen vegetables with light sauces Canned vegetables	Fried or tempura vegetables Vegetables with high-fat sauces (Alfredo) Creamed vegetables Some salads; see salad dressings and toppings under Fats/Oils
Fruits <ul style="list-style-type: none"> • Eat 2–2.5 cups of fruit a day. • Eat your fruit, don't drink it. 	Fresh fruit Frozen fruits (all types) with no added sugar/syrup Fruit canned in water or fruit juice Dried fruit (un-sulfured with no added sugar)	Frozen fruit with added sugar/syrups Canned fruit in light syrup Dried fruit (sulfured) 100% fruit juice Some fruit desserts	Dried fruit with coatings (yogurt, choco- late, others) Dried fruit with added sugar (Craisins) Canned fruit in heavy syrup Some fruit desserts
Grains/Starches <ul style="list-style-type: none"> • Choose 100% whole grain for at least half of all grain servings. 	Brown rice, bulgur, quinoa, barley Oatmeal Baked potato/sweet potato with skin Baked sweet-potato "fries" Whole-grain pasta Cereal with less than 10g sugar and at least 3g fiber Whole-grain breads, bagels, rolls, English muffins with 3g or more fiber	White rice, couscous, pasta Cereals with more than 10g sugar Sweetened oatmeal/oatmeal packets Grits, polenta Baked French fries Mashed potatoes (no butter or cream) White breads, bagels, rolls, cornbread	Biscuits, croissants, full-fat muffins Doughnuts, Danishes, pastries, sweetened breads Processed cereals with sugar Fried rice Pasta with cream sauce French fries (fried in oil) Mashed potatoes (butter and/or whole milk/cream), potato casseroles Grits with added fat
Protein <ul style="list-style-type: none"> • Vary your protein choices. Include seafood/fish twice a week. • Include beans for protein and fiber. 	Egg whites/egg substitutes Fish and shellfish (baked, broiled, grilled) Most fish canned in water (except tuna) Chicken/turkey (without skin) Ground poultry (90% lean) Beans/lentils Tofu or edamame Vegetable or bean burgers/patties (black-bean burgers)	Whole eggs Tuna canned in water Chicken/turkey with skin Pork, ham, Canadian bacon Deli meats Chicken/turkey sausage Beans/lentils with added sugar, fat, ham, bacon Soy patties, links, burgers	Fried meat/poultry/fish/seafood Fried eggs prepared with fat/oil Ground beef, fatty (marbled) cuts of red meat, beef ribs, and corned beef, pork sausage or bacon Hot dogs, kielbasa, bratwurst High-fat deli meats (salami, bologna) Refried (with lard) beans
Fats/Oils <ul style="list-style-type: none"> • Choose healthy fats and oils. 	Oils – olive, canola, safflower, sunflower, sesame, grapeseed Salad dressings made with these oils Nuts and seeds, unsalted Natural nut butters (peanut butter, almond, hazelnut, soynut)	Oils – vegetable, soy, corn, peanut Salad dressings made with these oils Mayonnaise made with these oils Gravy (made with water or low-fat milk) Margarine spreads with no trans fats Peanut butter with added oils/fats	Oils – coconut, palm, palm kernel Shortening and lard Gravy (made with fat drippings) Most margarines Full-fat creamy salad dressings Cream (half-and-half, whipped, others) Non-dairy creamer (liquid or powdered)

Tips to build a healthy plate	Eat Often (Almost anytime)	Eat Occasionally (Select portions carefully)	Eat Rarely (Once in a while)
Beverages • Choose water instead of sugary beverages.	Water (plain or carbonated) Flavored seltzers/waters with no artificial sweetener Decaf tea and decaf coffee, plain Herbal tea Low-sodium, 100% vegetable juice Non-fat/skim/1% milk	Sports drinks 100% fruit juice 2% (low-fat) milk Tea and coffee, plain or no more than 2 tsp sugar and 1 tbsp cream Artificially sweetened beverages of any kind (diet sodas, diet teas, many flavored waters)	Coffee and tea with more than 2 tbsp cream and/or 4 tsp sugar Sweetened beverages of any kind (sodas, sweet teas, fruit punches) Whole milk
Dairy • Compare sugar contents of yogurt.	Milk (non-fat, skim, 1%) Milk alternatives (soy, almond, rice with calcium and vitamin D added) Yogurt (non-fat, skim, 1%) Low-fat cottage cheese	Chocolate milk (strawberry or other flavors) Milk (2% fat) Yogurt (2% fat) Cheese (reduced-fat, low-fat)	Whole milk, cream, half-and-half Plain yogurt (about 3% fat) Cottage cheese (about 3% fat) Most cheeses Cream cheese, sour cream
Desserts/Snacks • Choose fruit for dessert. • Choose nuts, dairy, fruit, vegetables, and whole foods for snacks.	Fruit Yogurt-and-fresh-fruit parfait Frozen 100% fruit-juice bars Milk (non-fat, skim, 1%) Other foods from the Green list	Fruit desserts (made with minimal added fats and sugar) Low-fat puddings Frozen yogurt and ice milk Popcorn, pretzels, baked chips	High-sugar frozen ice pops Fruit pies, cobblers Cakes, cookies, most pastries Ice cream, gelato Pudding Fried chips, buttered popcorn