

YOUR COMMISSARY BENEFIT

TAKING CARE OF OUR SERVICE MEMBERS AND FAMILIES



SCAN QR CODE TO DOWNLOAD THE LEADER'S TOOLKIT

Dietitian-Approved Recipes & Resources

The Defense Department has a large force of scientifically credible experts, registered dietitians, deployed throughout the branches to ensure the military community is guided with evidence-based information to promote optimal health and readiness. To help consumers make mindful, healthier choices, the Defense Commissary Agency has implemented a Health and Wellness Program that marks Dietitian Approved Thumb (DAT)[®] items, which focus on identifying foods that are nutrient dense from lean proteins, healthy fats, whole grains and other dietary requirements.

► corp.commissaries.com/healthy-living/dietitian-approved-thumb

The Dietitian Approved Thumb (DAT)[®] makes it easy to identify foods that are nutrient dense from lean proteins, healthy fats, whole grains and more.

How does DAT work?

The commissary's DAT uses Thumbs Up shelf tags to highlight products that are nutritionally dense, high performing foods while taking the guesswork out. There are approximately 3,200 consumer packaged goods that are in the DeCA portfolio that qualify for the DAT. This number will continue to grow!

The Dietitian Approved seal is our way of helping you quickly identify items to improve the nutrition quality of your diet. Look at it as a "dietitian alongside you" helping you choose items that align with the Dietary Guidelines for Americans. You no longer have to look at the nutrition facts label and try to decipher — we did the work for you!

MORE DIETITIAN-APPROVED NUTRITIONAL RESOURCES



Quick and economical solutions for your busy lifestyle. They also include tips and suggestions on how to use the leftover items after preparing your meal.

Dietitian Approved
FUELS

Grab-n-Go Dietitian Approved Fueling Stations are a great alternative to the drive-thru or can be used as a quick way to stock office and barrack fridges with quick, on-the-go snacks and meals.



shop.commissaries.com