

**Daily, the U.S. military must keep 1.4 million soldiers fed and fit for combat.**

## Daily calorie requirements:

Average American - 2,000\*

Average American Soldier - 3,250

Average American Special Ops Soldier - 4,200

\*Daily intake may vary based on gender, age, and activity level.



Soldiers experience high activity and low caloric intake during military operations.

**LSU research works to improve military nutrition.**

LSU's Pennington Biomedical Research Center is working with the U.S. Department of Defense to keep our soldiers healthy and determine the best fuels to optimize their military performance.



**ARMY H.E.A.L.T.H.**  
HEALTHY EATING ACTIVITY LIFESTYLE TRAINING HEADQUARTERS



- Pennington Biomedical was part of the team that developed the First Strike<sup>®</sup> ration—a replacement for Meals-Ready-to-Eat (MREs)—to feed soldiers in the field.
- More than 15,000 soldiers and their families have used Pennington Biomedical's Army H.E.A.L.T.H. program to help them stay physically fit at home and ensure they are prepared for combat and state deployments. The program was first tested by 137 Louisiana National Guard units in 40 parishes.
- Pennington Biomedical confirmed the importance of dietary protein needed by soldiers during high-activity military operations and the effectiveness of certain amino acids and nutrients in sustaining mental performance and immune function during periods of intense stress.

**LSU holds more than \$62 million in military research grants.**

Visit [www.lsu.edu](http://www.lsu.edu) for more information.