The 2010 Dietary Guidelines for Americans (DGA) were developed to improve health through nutrition recommendations for disease risk reduction and health promotion. The 2010 Healthy Eating Index (2010-HEI) was developed as a score to measure diet quality and adherence to the DGA. The HEI can be used as a guide for Special Warfare Combatant-Craft Crewman (SWCC) Operators to analyze diet quality to ensure proper nutrition for optimizing long term health. PURPOSE: To evaluate the diet quality of SWCC Operators using the 2010-HEI. METHODS: A total of 121 SWCC Operators (age: 26.8±5.4yrs, height: 1.8±0.1m, weight: 86.1±9.7kg, body fat: 20.1±5.6%) completed a 24-hour diet recall. Intake was assessed using an automated self-administered 24-hour diet recall. Diet quality was evaluated using the 2010 HEI. RESULTS: Calorie, protein, carbohydrate, and fat intake were 2,996±1,176k, 149±75g, 326±144g, and 118±58g respectively. The HEI total score was 60.7 (95% CI: 56.6, 64.3). CONCLUSIONS: The diet quality of SWCC Operators is suboptimal to fair (HEI 50-60) according to the 2010-HEI total score. Although the total score is higher than the national estimated mean of 52, SWCC Operators are under-consuming fruits, vegetables, dairy and whole grain foods. Protein foods were the only component to meet the maximum score and likely impacted the low score for fatty acids (ratio between unsaturated and saturated fat intake). SWCC Operators should look to increase the consumption of nutrient dense foods (specifically whole grains and green vegetables) and decrease the amount of empty calories in order to improve diet.

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Learning statement:
Individuals will be able to describe the diet quality of SWCC Operators and list at least 2 suboptimal dietary components based off the 2010 Healthy Eating Index score.