



# Department of Defense INSTRUCTION

**NUMBER** 6130.05

February 18, 2011

Incorporating Change 2, Effective April 1, 2020

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USD(P&R)

**SUBJECT:** DoD Nutrition Committee

- References:**
- (a) DoD Directive 3235.02E, "DoD Combat Feeding Research and Engineering Program, DoD Combat Feeding Research and Engineering Board, and DoD Nutrition Committee," May 21, 2004, as amended
  - (b) DoD Instruction 1010.10, "Health Promotion and Disease Prevention," April 28, 2014, as amended
  - (c) DoD Directive 5124.02, "Under Secretary of Defense for Personnel and Readiness (USD(P&R))," June 23, 2008
  - (d) DoD Instruction 5105.18, "DoD Intergovernmental and Intragovernmental Committee Management Program," July 10, 2009, as amended

1. **PURPOSE.** This Instruction establishes policy, assigns responsibilities, and provides procedures for the DoD Nutrition Committee in accordance with the authority in References (a) through (d).

2. **APPLICABILITY.** This Instruction applies to OSD, the Military Departments, the Office of the Chairman of the Joint Chiefs of Staff and the Joint Staff, the Combatant Commands, the Office of the Inspector General of the Department of Defense, the Defense Agencies, the DoD Field Activities, and all other organizational entities within the Department of Defense (hereafter referred to collectively as the "DoD Components").

3. **DEFINITIONS.** See Glossary.

4. **POLICY.** It is DoD policy:

- a. To provide appropriate nutrition for the Military Services.
- b. To provide appropriate dietary supplements to Service members where indicated.

c. To provide education and training to Service members in order to ensure that they are able to make healthy lifestyle choices regarding nutrition and dietary supplements and so achieve and maintain performance and health.

d. That committee and subcommittee members appointed to the DoD Nutrition Committee, pursuant to Reference (d), shall be full-time or permanent part-time employees of the Federal Government. Members of the Reserve Components appointed to the Committee shall be individuals assigned to title 10, United States Code, billets.

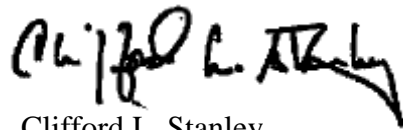
5. RESPONSIBILITIES. See Enclosure 1.

6. PROCEDURES. See Enclosure 2.

7. RELEASABILITY. UNLIMITED. This Instruction is approved for public release and is available on the Directives Division Website at <https://www.esd.whs.mil/DD/>.

8. SUMMARY OF CHANGE 2. The change to this issuance updates references and removes expiration language in accordance with current Chief Management Officer of the Department of Defense direction.

9. EFFECTIVE DATE. This Instruction is effective February 18, 2011.



Clifford L. Stanley  
Under Secretary of Defense for  
Personnel and Readiness

Enclosures

1. Responsibilities
2. Procedures

ENCLOSURE 1

RESPONSIBILITIES

1. ASSISTANT SECRETARY OF DEFENSE FOR HEALTH AFFAIRS (ASD(HA)). The ASD(HA), under the authority, direction, and control of the Under Secretary of Defense for Personnel and Readiness (USD(P&R)), shall:

- a. Chair the DoD Nutrition Committee pursuant to Reference (a).
- b. Establish the structure of the DoD Nutrition Committee and its operating procedures in accordance with this Instruction and Reference (a).
- c. Approve the appointment of the chairs of subcommittees, working groups, integrated product teams, and any other such subordinate organizations of the DoD Nutrition Committee.
- d. Monitor the implementation of approved DoD Nutrition Committee recommendations.
- e. Obtain USD(P&R) approval for overall clinical policy development and policy implementation guidance for:
  - (1) The provision of appropriate nutrition information, education recommendations, and suggested actions for the Military Services.
  - (2) The provision of appropriate dietary supplements and other self-care products to Service members.

2. DEPUTY ASSISTANT SECRETARIES OF DEFENSE (DASDs) FOR HEALTH SERVICES POLICY AND OVERSIGHT (HSP&O) AND HEALTH READINESS POLICY AND OVERSIGHT (HRP&O). The DASDHSP&O and DASDHRP&O, under the authority, direction, and control of the ASD(HA), shall, when the ASD(HA) is unavailable to perform the duties of the Chair, serve as co-chairs of the DoD Nutrition Committee to oversee routine Committee business.

3. HEADS OF THE DoD COMPONENTS. The Heads of the DoD Components shall provide appropriate representation to the DoD Nutrition Committee, its subcommittees, and any other subordinate organizations in accordance with the guidance in this Instruction and Reference (a).

4. SECRETARIES OF THE MILITARY DEPARTMENTS. The Secretaries of the Military Departments, in addition to the responsibilities in section 3 of this enclosure and in accordance with Reference (a), shall:

a. Implement policies, processes, and programs to provide adequate and appropriate nutrition to Service members in a cost-effective manner, taking into consideration relevant recommendations of the DoD Nutrition Committee.

b. Provide military-specific education and training to Service members on the benefits of adequate and appropriate nutrition and the use of and potential harm from dietary supplements, taking into consideration relevant recommendations of the DoD Nutrition Committee.

5. PRESIDENT OF THE UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES (USUHS). The President of USUHS, under the authority, direction, and control of the ASD(HA), shall provide appropriate representation to the DoD Nutrition Committee (pursuant to Reference (a)), and to its subcommittees and any other subordinate organizations in accordance with this Instruction.

ENCLOSURE 2

PROCEDURES

1. COMMITTEE STRUCTURE AND FUNCTIONS. The DoD Nutrition Committee shall:

- a. Be chaired by the ASD(HA) pursuant to Reference (a).
- b. Be co-chaired by the DASD(HSP&O) and the DASD(HRP&O) as substitutes when the ASD(HA) is unavailable to serve as Chair for the routine conduct of Committee business.
- c. Consist of representatives of the Military Department Surgeons General; the President of USUHS; and others from within the Department of Defense who have a professional interest and expertise in nutrition, health promotion, combat feeding, and military food service in accordance with Reference (a), as well as in dietary supplements and other self-care products. The representatives must be full time or permanent part time Federal Government employees.
- d. Provide advice to the Combat Feeding Research and Engineering Board and the Combat Feeding Program in accordance with Reference (a).
- e. Have two standing subcommittees: the Food and Nutrition Subcommittee and a Dietary Supplements and Other Self-Care Products Subcommittee.

2. SUBCOMMITTEE FUNCTIONS. The standing subcommittees shall support the DoD Nutrition Committee in performing the functions specified in Reference (a).

- a. The Food and Nutrition Subcommittee shall make recommendations on policy and the nutrition requirements of the Military Services and other DoD beneficiary groups in areas including, but not limited to:
  - (1) Combat feeding for the Military Services.
  - (2) Menu design for the Military Services.
  - (3) Nutrition research:
    - (a) Designed for the Military Services.
    - (b) Designed for other DoD beneficiary populations.
  - (4) Weight management and fitness programs for the Military Services.
  - (5) Human performance optimization in the Military Services.

(6) Nutrition education:

- (a) Designed for the Military Services.
- (b) Designed for other DoD beneficiary groups.

b. The Dietary Supplements and Other Self-Care Products Subcommittee shall make policy recommendations to the Military Services and other DoD beneficiary groups regarding the use of dietary supplements, where indicated, in areas including, but not limited to:

- (1) Dietary supplement education.
- (2) Military-specific research.
- (3) Adverse event reporting and monitoring.
- (4) Human performance optimization.
- (5) Military Service special operations.
- (6) Identification of research gaps and requirements.
- (7) Identification of opportunities for resource sharing and cost containment among the Military Services.

c. Each subcommittee shall:

- (1) Propose a chair for approval by the Chair of the DoD Nutrition Committee.
- (2) Complete an annual plan with stated goals and objectives and submit it for approval by the DoD Nutrition Committee.

d. The subcommittee chairs may invite non-voting participation of representatives of other appropriate organizations within and outside the Department of Defense as long as they are full-time or permanent part-time Federal Government employees acting in their official capacities. Where appropriate, the subcommittee chairs should invite the participation of representatives from DoD organizations concerned with nutritional logistics.

### 3. SUBCOMMITTEE OPERATIONS

a. The subcommittees shall meet at least three times a year or when a specific need arises. The meetings may include representative participation by remote video or telephone conferencing.

b. Chairs shall designate a member or support staff to keep minutes, and the chairs shall forward the minutes to the DoD Nutrition Committee within 30 days of meeting adjournment.

c. The subcommittees shall coordinate with each other prior to submitting recommendations for consideration by the DoD Nutrition Committee.

d. The subcommittees shall provide expert advice to the Combat Feeding and Research Engineering Board through the DoD Nutrition Committee as required.

GLOSSARY

DEFINITIONS

The following terms and their definitions are for the purposes of this Instruction.

dietary supplement

A product (other than tobacco) that is intended to supplement a diet that bears or contains one or more of these dietary ingredients: a vitamin; a mineral; an herb or other botanical; an amino acid; a dietary substance for use by humans to supplement the diet by increasing the total daily intake of that substance; or a concentrate, metabolite, constituent, or extract, or combinations of these ingredients.

Is intended for ingestion in pill, capsule, tablet, or liquid form.

Is not represented for use as a conventional food or as the sole item of a meal or diet.

Is labeled as a “dietary supplement.”

Includes products such as an approved, new drug-certified antibiotic or licensed biologic that was marketed as a dietary supplement or food before approval, certification, or license (unless the Secretary of Health and Human Services waives this provision).

nutrition

The processes by which living organisms obtain food and use it for growth, metabolism, and repair. Its stages include ingestion, digestion, absorption, transport, assimilation, and excretion.

The science that deals with food and nourishment, including dietary guidelines, food composition, and the roles that various nutrients have in maintaining health.

other self-care products. Products voluntarily introduced into the body that are not defined strictly as food or dietary supplements. Examples include functional foods (any healthy food claimed to have a health-promoting or disease-preventing property beyond the basic function of supplying nutrients) and transdermal air- and sea-sickness and testosterone patches.