YOU EAT. WE'LL FUEL.

Healthy Eating

Just as high-octane fuel is important for Navy jets, healthy eating is crucial for fueling the human body. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center understands the barriers to eating healthy. We have the educational resources and materials you need to help you select nutrient-dense, healthy food for optimal performance, disease prevention, and recovery.

To learn how our programs can help keep you fit for service and improve your overall health, visit us at
WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

03/28/13