YOU EAT. WE'LL FUEL.

Healthy Eating for Wounded, Ill, and Injured Sailors and Marines

Just as high-octane fuel is important for fighter jets, healthy eating is crucial for fueling the human body. Furthermore, if you are recovering from a wound, illness, or injury, your body needs the right balance of nutrients to support the healing process. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center understands the challenges to eating healthy if you have been wounded, ill, or injured. We have the educational resources and materials you need to help you select nutrient-dense, healthy food for a more rapid and successful recovery and optimal well-being.

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at **WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX**.

For more information on your local resources, contact:

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

09/29/14