

## A complete resource for healthy eating.

### Let's start with some nutrition basics.

Just as the right kind of fuel is important for Navy jets, so is the right kind of fuel for the human body to support optimal performance. 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 Navy and Marine Corps Public Health Center Health Promotion and Wellness Department 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.

Visit [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-healthy-eating.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-healthy-eating.aspx) to learn more about:

- ▶ Healthy Eating for Wounded, Ill, and Injured
- ▶ General Nutrition
- ▶ Creating a Healthy Eating Environment
- ▶ Eating for Mental Health
- ▶ Healthy Cooking Techniques
- ▶ Weight Management
- ▶ Performance Nutrition
- ▶ Dietary Supplements

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at

[WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX).

For more information on your local resources, contact:



## YOU EAT. WE'LL FUEL.



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



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## The importance of good nutrition for recovery and function.

For those who have been wounded, ill, or injured, nutrition can impact return to functional status and overall health. Food is fuel for the body. Eating healthy as part of a balanced lifestyle is important to support recovery and resilience. For example, protein aids in muscle recovery,<sup>1</sup> vitamin C supports tissue repair,<sup>2</sup> and vitamin A promotes wound healing, bone development, and immune function.<sup>2</sup>

It's important that you maintain a healthy body weight and body fat percentage, consume the recommended nutrients from food, and incorporate physical activity and exercise into your life under the supervision of your doctor or other health professional. When you eat nutrient-dense foods (100% whole grains, lean protein, fruits, vegetables, and fat-free or low-fat dairy products), you are on the right path to return to optimal health and reduce your risk of developing heart disease, high blood pressure, high cholesterol, diabetes, and osteoporosis, as well as maintain a healthy body weight.<sup>3</sup>

## What exactly is healthy eating?

As described in the Dietary Guidelines for Americans, eating healthy means<sup>4</sup>:

- ▶ Consuming a variety of nutritious foods and beverages, especially vegetables, fruits, fat-free or low-fat dairy products, and 100% whole grains.
- ▶ Limiting intake of saturated fats (butter, bacon, cheese), added sugars (soda), and sodium (processed foods).
- ▶ Keeping trans fat intake as low as possible.
- ▶ Balancing caloric intake with calories burned to maintain a healthy weight.

## How can healthy eating promote recovery?<sup>3</sup>

The body needs proper nutrients to heal efficiently, and to reach and maintain peak performance. Processed and prepared foods, such as packaged, restaurant (both sit-down and fast food), and convenience foods, often contain high amounts of calories, sodium, added sugars, and saturated and trans fat. Look at the nutrition label to determine if the foods have unhealthy amounts of calories, salt, sugars, or fats. Avoid or limit eating these foods throughout the week. Understanding the appropriate portion sizes can also help you limit excessive calorie intake, particularly when eating high-calorie foods.

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

You can eat healthier by:

- ▶ Avoiding oversized portions.
- ▶ Making half your plate fruits and vegetables.
- ▶ Making at least half of your grains 100% whole grains.
- ▶ Switching to fat-free or low-fat milk products.
- ▶ Choosing foods with less sodium.
- ▶ Drinking water instead of soda or sugary drinks.
- ▶ Not skipping meals, especially breakfast.
- ▶ Asking your doctor or dietitian for nutrition recommendations to support recovery specific to your wound, illness, or injury.

## Want to maintain a healthy weight?

Permanent and healthy weight management can be achieved by eating a balanced diet that supports optimal well-being. This balance provides needed vitamins and minerals found in protein which is of benefit for muscle recovery,<sup>1</sup> and also in nutrient dense carbohydrates and healthy fats which provide energy for exercise, therapy, and healing as well as achieving or sustaining a healthy weight.<sup>5</sup> To lose weight, follow the healthy eating tips above while maintaining a daily calorie intake that will result in a 1-2 pound weight loss per week.<sup>6</sup> Your daily calorie intake should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats.<sup>4</sup> For example, 50 percent of a 2000 calorie diet would be 1000 calories from carbs or 250 grams of carbs, 20 percent proteins would be 400 calories from protein or 100 grams of protein, and 30 percent fats would be 600 calories from fat or 67 grams of fat. Limit overeating by starting your day with breakfast and eating small meals or snacks every 3-4 hours. Before starting a weight loss or weight gain program, or before resuming a normal diet, be sure to contact your local dietitian or health care provider for guidance on receiving the proper nutrients, the amount of calories you should consume, and any dietary restrictions.

<sup>1</sup> Protein in diet. U.S. National Library of Medicine. U.S. Department of Health and Human Services. National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/ency/article/002467.htm>. Updated 12 January 2015. Accessed March 2015.

<sup>2</sup> Vitamins. Medline Plus. U.S. National Library of Medicine. U.S. Department of Health and Human Services. National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/vitamins.html>. Updated 5 December 2014. Accessed March 2015.

<sup>3</sup> Chronic Disease Prevention and Health Promotion. Centers for Disease Control and Prevention (CDC). <http://www.cdc.gov/chronicdisease/resources/publications/aag/nutrition.htm>. Published May 2011. Accessed April 2015.

<sup>4</sup> Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Updated February 2014. Accessed March 2015.

<sup>5</sup> Carbohydrates. National Institutes of Health. <http://www.nlm.nih.gov/medlineplus/ency/article/002469.htm>. Updated May 2014. Accessed April 2015.

<sup>6</sup> Healthy Weight – It's not a diet, it's a lifestyle! Centers for Disease Control and Prevention. [http://www.cdc.gov/healthyweight/losing\\_weight/index.html?cid=govD\\_dnpao\\_082](http://www.cdc.gov/healthyweight/losing_weight/index.html?cid=govD_dnpao_082). Updated August 2011. Accessed March 2015.

