



YOU EAT. WE'LL FUEL.



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

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.

For more information on your local resources, contact:

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.

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

