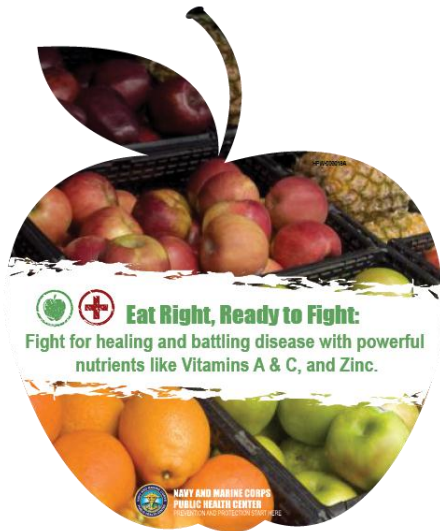




## E-Cards: WII Nutrition



Text: Learn more in the Healing Nutrients Fact Sheet:

<[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Nutrition/WII\\_Nutrition\\_FactSheet.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Nutrition/WII_Nutrition_FactSheet.pdf)>.



Text: Learn to Make Meals that Heal:

<[http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Nutrition/WII\\_Nutrition\\_Guide.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/wounded-ill-and-injured/WII-Toolbox/Nutrition/WII_Nutrition_Guide.pdf)>.