

## A complete resource for healthy eating.



## Let's start with some nutrition basics.

Just as proper fuel is important for your vehicle, healthy eating is crucial for fueling the human body. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and Semper Fit Health Promotion and Fitness understand 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.

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

- ▶ General Nutrition
- ▶ Creating a Healthy Eating Environment
- ▶ Weight Management
- ▶ Performance Nutrition
- ▶ Choose MyPlate
- ▶ Operation Supplement Safety
- ▶ Dietary Supplements
- ▶ Healthy Eating During Pregnancy
- ▶ Healthy Eating for Kids
- ▶ Food Safety
- ▶ Eating Disorders
- ▶ Healthy Eating to Prevent Chronic Disease
- ▶ Healthy Eating For Those Who Are Wounded, Ill or Injured



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](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/](http://WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/).

# YOU EAT. WE'LL FUEL.



**Healthy Eating Overview**



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## The importance of good nutrition.

Food is fuel for the body and to perform at your peak, you have to eat healthy and live a healthy lifestyle. It's important that you maintain a healthy body weight and body fat percentage, get the recommended amount of physical activity and exercise and consume the recommended nutrients from food. When you and your family members eat nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and low-fat dairy products), it helps you to maintain your health and reduce your risk of developing heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer, as well as helps to maintain a healthy body weight.

For those who have been wounded, ill or injured, nutrition plays an important role in helping the body heal. Eating healthy can help support recovery. For example, protein aids in muscle recovery, Vitamin C supports tissue repair, and Vitamin A promotes wound healing, bone development, and immune function.

## What exactly is healthy eating?

As described in the Dietary Guidelines for Americans, eating healthy means:

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

## How can you eat healthier?

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. Avoid or limit eating them throughout the week. Understanding the appropriate portion sizes can help you limit excessive calorie intake, particularly when eating high-calorie foods. You can eat healthier by:

- ▶ Avoiding oversized portions
- ▶ Making half your plate fruits and vegetables
- ▶ Making at least half of your grains whole grains
- ▶ Switching to fat-free or low-fat (1%) milk
- ▶ Choosing foods with less sodium
- ▶ Drinking water instead of sugary drinks

## Want to get lean?

Many people begin "fad" diets every year in order to get lean. These diets often eliminate or severely reduce one or more of the essential food groups or recommend excessive amounts of other groups. Most fad diets achieve, at best, only a temporary weight loss.

Permanent and healthy weight management can be achieved eating a "balanced" diet, which will also ensure peak performance. To help you get lean, follow the healthy eating tips above while maintaining a daily calorie intake that will result in 1-2 pound weight loss per week. You should also reduce dietary fat intake to less than 30% of total calories. For example, 30% of a 2000 calorie daily diet would be 600 calories from fat or 67 grams of fat. Start your day with breakfast and eat small meals or snacks every 3-4 hours to limit overeating. Before starting a weight loss program, be sure to contact your Semper Fit Health Promotion Program coordinator, local dietitian or health care provider to help you safely lose weight.

