



# YOU EAT. WE'LL FUEL.



## 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 understands 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.

### 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 nutritious foods, it helps you to maintain your health and reduce your risk of 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.

### What exactly is healthy eating?

The Dietary Guidelines for Americans describes healthy eating as:

- Consuming a variety of nutritious foods and beverages;
- Limiting intake of saturated fats, added sugars and sodium;
- Keeping trans fat intake as low as possible; and
- Balancing caloric intake with calories burned to manage body weight.

### How can you eat healthier?

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 milk
- Choosing low-sodium foods
- Drinking water

### Want to get lean?

Permanent and healthy weight management can be achieved by eating a balanced diet. 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. Start your day with breakfast and eat small meals or snacks every 3-4 hours to limit overeating. Make sure calories from fat represent less than 30% of your total calories. For example, 30% of a 2000 calorie daily diet would be 600 calories from fat or 67 grams of fat. Before starting a weight loss program, be sure to contact your local dietitian or health care provider to help you safely lose weight.

For more information, resources and tools on healthy eating:

- Visit the Navy and Marine Corps Public Health Center at [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)
- Visit Semper Fit Health Promotion and Fitness at <http://www.usmc-mccs.org/healthpromotions/>
- Contact your local Semper Fit Health Promotion Program coordinator, dietitian or health care provider

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/).



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