



YOU EAT. WE'LL FUEL.



Healthy Eating

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, disease prevention, and recovery.



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 and WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/.

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

