

A complete resource for healthy eating.

Let's start with some nutrition basics.

Just as high-octane fuel is important for fighter jets, healthy eating is crucial for fueling the human body. 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 Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center 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.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-healthy-eating.aspx to learn more about:

- ▶ Healthy Eating for Wounded, Ill, and Injured
- ▶ General Nutrition
- ▶ Creating a Healthy Eating Environment
- ▶ Eating for Mental Health
- ▶ Healthy Cooking Techniques
- ▶ Weight Management
- ▶ Performance Nutrition
- ▶ Dietary Supplements

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

For more information on your local resources, contact:



YOU EAT. WE'LL FUEL.



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



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The importance of good nutrition for recovery and function.

For those who have been wounded, ill, or injured, nutrition can impact return to functional status and overall health. Food is fuel for the body and eating healthy as part of a healthy lifestyle is important to support recovery and resilience. For example, protein aids in muscle recovery, Vitamin C supports tissue repair, and Vitamin A promotes wound healing, bone development, and immune function.

It's important that you maintain a healthy body weight and body fat percentage, consume the recommended nutrients from food, and incorporate physical activity and exercise into your life under the supervision of your doctor or other health professional. When you eat nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and low-fat dairy products), it helps you to return to optimal 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.

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) and sodium (processed foods);
- ▶ Keeping trans fat intake as low as possible; and
- ▶ Balancing caloric intake with calories burned to maintain a healthy weight.

How can healthy eating promote recovery?

The body needs proper nutrients to heal efficiently, and to reach and maintain peak performance. Processed and prepared foods, such as packaged, fast food, and convenience foods, often contain high amounts of calories, sodium, added sugars, and saturated and trans fat. Look at the nutrition label to determine if the foods have unhealthy amounts of calories, salt, sugars, or fats. Although it may be convenient, avoid eating these foods throughout the week. Understanding the appropriate portion sizes can also 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
- ▶ Not skipping meals, especially breakfast
- ▶ Asking your doctor or dietitian for nutrition recommendations to support recovery specific to your wound, illness, or injury

Want to lose weight?

Permanent and healthy weight management can be achieved by eating a balanced diet that supports optimal well-being. This balance must include protein for muscle recovery, vitamins for tissue repair and reduced scarring, and complex carbohydrates to ensure needed energy during exercise and healing. To lose weight, follow the healthy eating tips above while maintaining a daily calorie intake that will result in a 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. Limit overeating by starting your day with breakfast and eating small meals or snacks every 3-4 hours. Before starting a weight loss program, be sure to contact your local dietitian or health care provider to help you safely lose weight.

