



# YOU EAT. WE'LL FUEL.



## Healthy Eating

Just as the right kind of fuel is important for Navy jets, so is the right kind of fuel for the human body to support optimal performance. The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and Semper Fit Fitness and Health Promotion 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.

For more information on your local resources, contact:

To learn how our resources and tools 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 [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME).

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

