



National
Defence

Défense
nationale

Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



Fuel up

for action with
carbs and fluids!



Before physical activity, fuel up with:

- bagel or toast with jam and a glass of 100% pure juice
- applesauce, crackers and water
- low fat cereal bar, grapes and water
- ham and tomato sandwich with mustard instead of mayo, pear and milk
- yogurt, banana, and 100% pure juice

Set Your Sights on Healthy Eating was developed by Strengthening the Forces, Director Force Health Protection / Health Promotion in partnership with CF Food Services.