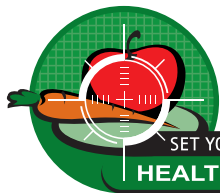




National
Defence

Défense
nationale

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



SET YOUR SIGHTS ON
HEALTHY EATING

« **Recovery** » nutrition makes a difference. Make the most of your workout.

After an intense
workout, you need:

1. fluid
2. carbohydrate
3. protein

Good choices are:

- 100% pure juice, fig bars and a yogurt
- bagel and chocolate milk
- boiled egg, bread, tomato juice and water



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