

### Benefits of Eating Healthy

- \*You will feel better, with better digestion and general well-being.
- \*You will look better, with healthy skin, hair, eyes, teeth, etc.
- \*You will live longer, at least with regard to health-related mortality.
  - \*You will have more energy to do the things you love.
  - \*You will require fewer visits to the doctor and dentist.
    - \*You will sleep better.
    - \*Your sex life will improve.
- \*You will be less likely to develop diseases such as diabetes, cancer and heart disease.
  - \*Your mood will improve.
  - \*You are less likely to struggle with obesity.
- \*If you are already suffering from a disease or disorder, eating healthy will help keep it under control or even reverse it.