



Why Should You Eat Healthy?

We are told on a daily basis to eat healthy. It happens when we turn on the TV; open a magazine; read a book or the newspaper; even on billboards. There is a very common saying: **An apple a day keeps the doctor away.** We know that we need to make healthy food choices, but have you ever wondered WHY? Listed below are some of the ways that eating healthy will make your life better.

1. **Lower Cholesterol:** You can lower your cholesterol by 25% or more by making simple dietary changes. You can do this by cutting back on saturated fats (found in hamburgers & ice cream) and increasing your fiber. By lowering your cholesterol levels, you reduce your risk of having a heart attack or stroke.



2. **Improve Energy Levels:** By eating foods that are rich in antioxidants and vitamins, such as Vitamin B, your body uses these to energize itself. As your energy levels rise, you will find that your stress levels are lower. Eating healthier will give you the energy to exercise. You may find that you no longer need a nap in the afternoon!

3. **Prevent Illness and Disease:** There are many healthy foods you can eat to help ensure that your body gets the needed amounts of vitamins and minerals to function at its very best. When your body has all the nutrients it needs, this boosts your immune system. It will be ready to fight off infections and illnesses.

4. **Strong Bones:** Calcium, Vitamin A, and Vitamin D will help keep your bones strong. Your bones are your foundation. Bones are living tissue, which means they are in a constant state of renewal. When they are strong, it affects your posture, strength, and balance. The better you stand, walk, and move around, the more youthful you look and feel at any age.



5. **Enhanced Mood:** Your body requires Vitamin B-12 for optimal neurological functioning. When you are in a good mood, stress hormones are reduced. This, in turn, helps lower your blood pressure and also your risk for heart disease. Studies have shown that your mood can help your immune system and speed recovery from illness and injuries.

6. **Healthy Digestive System:** Eating high-fiber foods such as whole grains, vegetables and legumes, keeps food moving through your digestive track. This means that you will be less likely to get constipated.

7. **Weight Control:** To lose weight and keep it under control, you must eat fewer calories than your body uses. Naturally healthy foods are more nutrient dense. Choosing healthier substitutes when making your favorite dishes can lower the calories without having to eat less food. You are able to eat larger quantities without consuming more than your daily calorie needs.



8. **Look Younger:** Healthy foods encourage good cell growth and can eliminate harmful toxins in the body. This will keep your skin glowing and looking younger.



9. **Sleep Better:** Eating foods high in fat can cause a disruption in your sleep cycles. It activates digestion, which keeps your body awake longer. Dairy foods contain a natural sleep-promoting substance that can help you fall asleep, and stay asleep.

10. **Fewer Headaches:** Preservatives or additives, found in processed foods, are known to dilate blood vessels. This can trigger a headache or migraine. By eating fewer processed foods, you may reduce the severity and frequency of headaches and migraines.