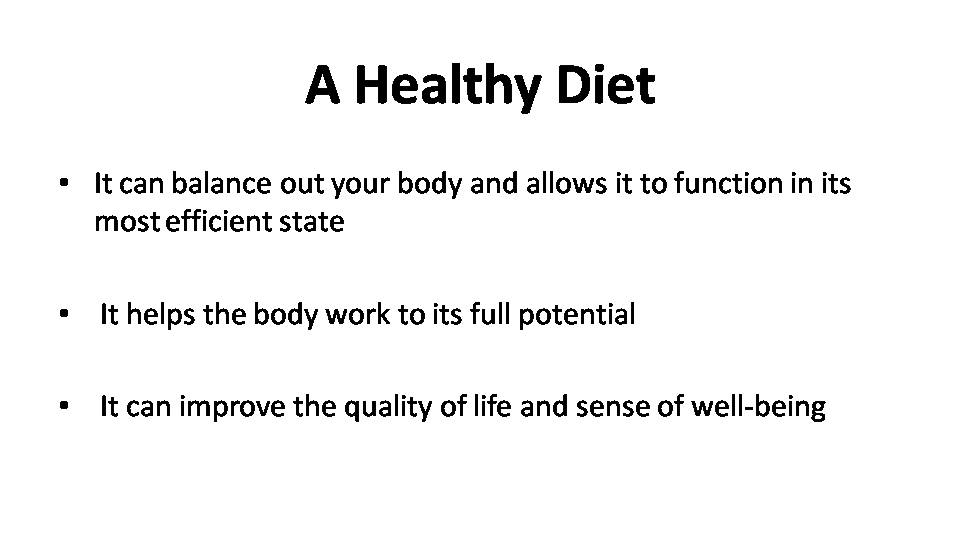
# Chapter 2: Benefits In Eating Healthy

**S1:** Hello! Welcome and thanks for choosing this video course. In this video, I’ll be talking about the benefits in eating healthy.

Now, before we get to the benefits in eating healthy. Let me ask you a question...



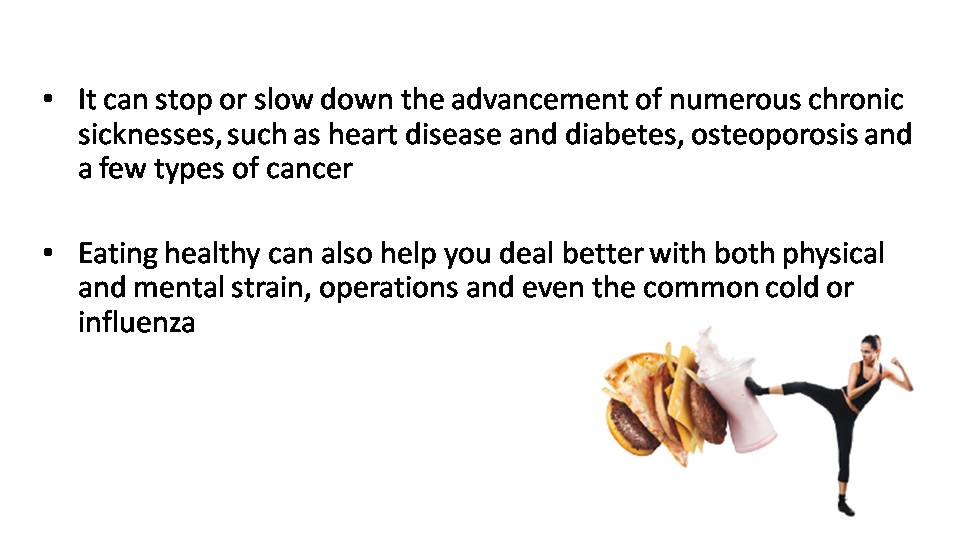
**S2:** Did you know that eating nutritiously is one of the most important things you can do to enhance and maintain your health.



**S3:** A healthy diet can balance out your body and allows it to function in its most efficient state.

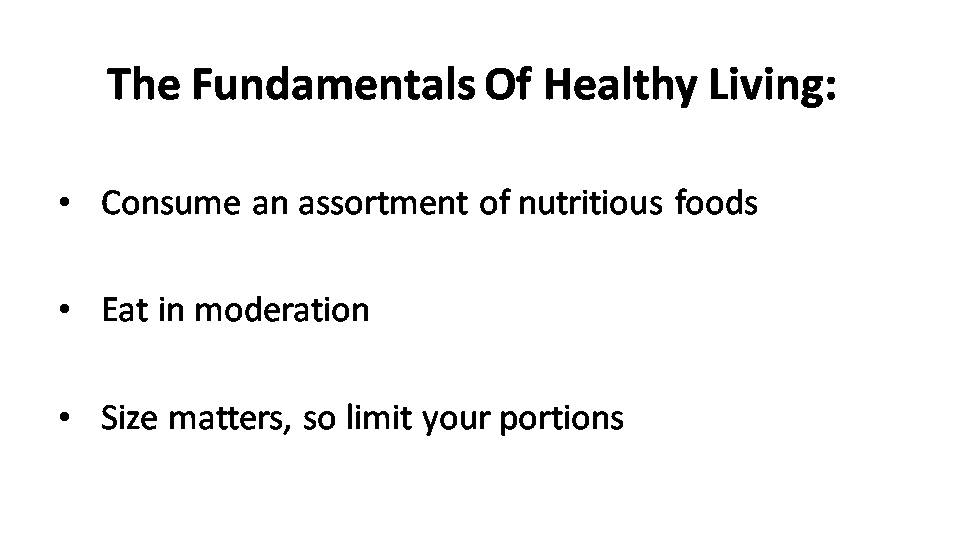
Eating nutritionally balanced meals helps the body work to its full potential, which is particularly important for people living with busy and tight schedule, or just people who are constantly feeling not energized and easily falling sick.

Many people find they can improve their quality of life and sense of well-being by focusing on aspects of health that can be controlled and changed – such as healthy diet.

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**S4:** As well, healthy eating can also stop or slow down the advancement of numerous chronic sicknesses, such as heart disease and diabetes, osteoporosis and a few types of cancer.

Eating healthy can also help you deal better with both physical and mental strain, operations and even the common cold or influenza.

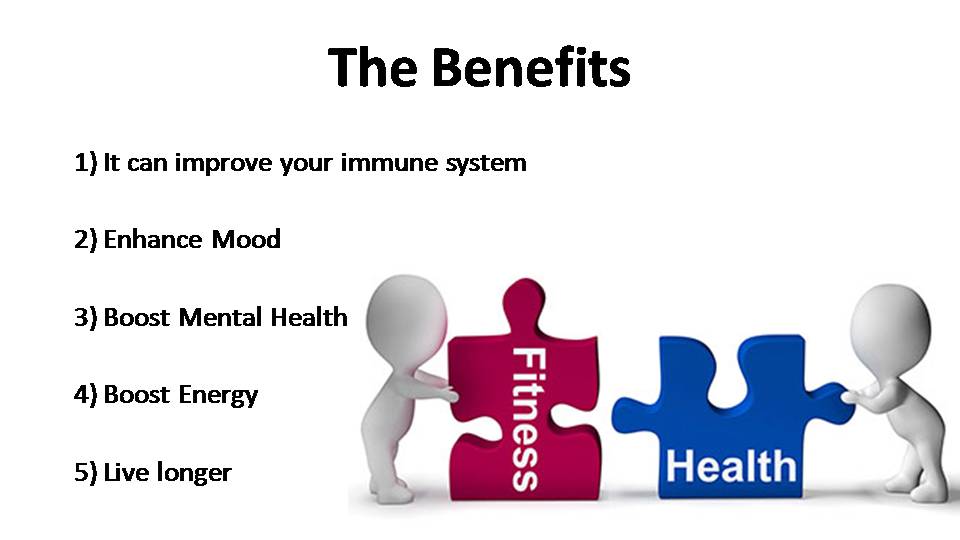
**S5:** Now, let's talk about the fundamentals of healthy living:

● Consume an assortment of nutritious foods

● Eat in moderation

● Size matters, so limit your portions

Eating healthy can promote a lot of benefits to your body and also your life in general. When we eat the right kind of food we are allowing the body to be properly nourished. Hence, as a result we will be able to gain health benefits from our healthful efforts.



### S6: The Benefits

There are five benefits altogether which include:

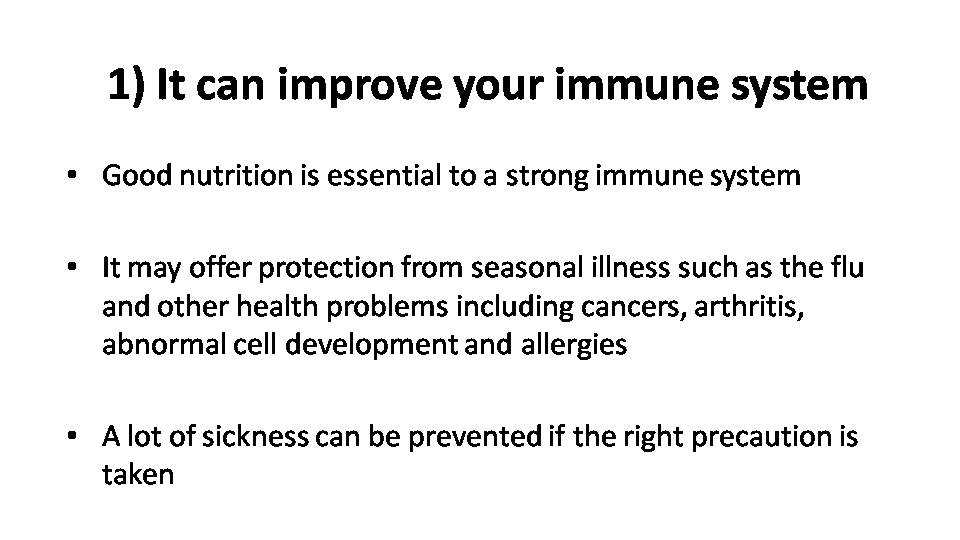
1) It can improve your immune system.

2) Enhance Mood

3) Mental Health

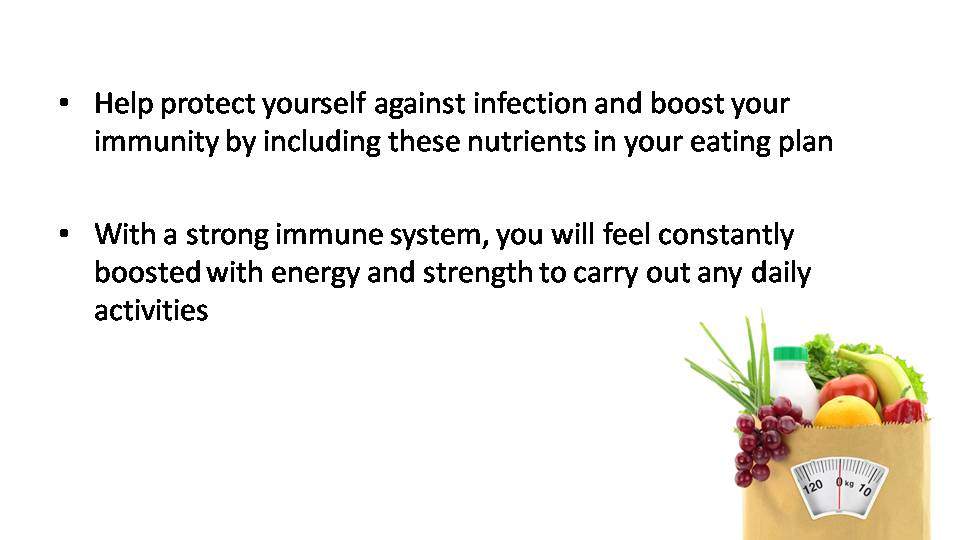
4) Energy

5) Live longer

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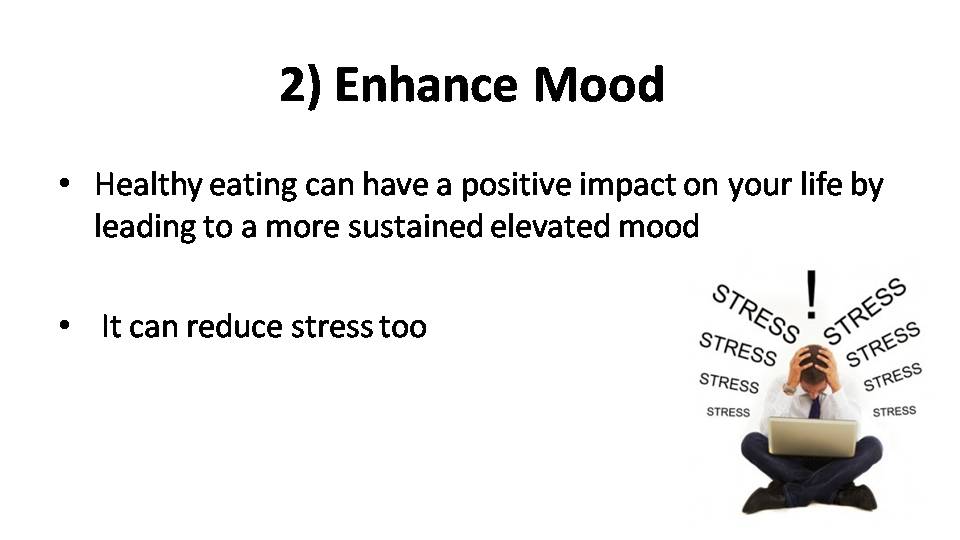
**S7: Number 1: It can improve your immune system**

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness such as the flu and other health problems including cancers, arthritis, abnormal cell development and allergies. A lot of sickness can be prevented if the right precaution is taken.



**S8**: Help protect yourself against infection and boost your immunity by including these nutrients in your eating plan.

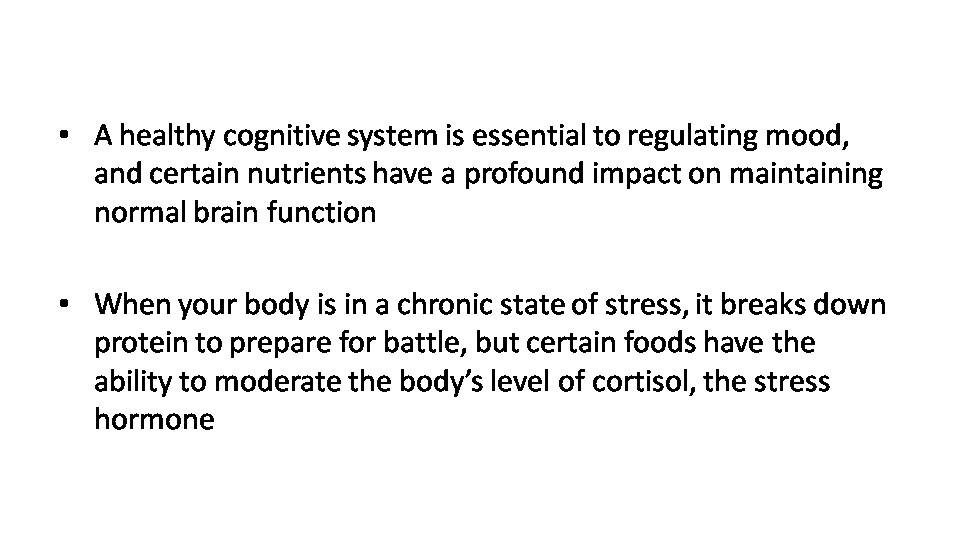
With a strong immune system, you will feel constantly boosted with energy and strength to carry out any daily activities.



**S9: Number 2, Enhance Mood**

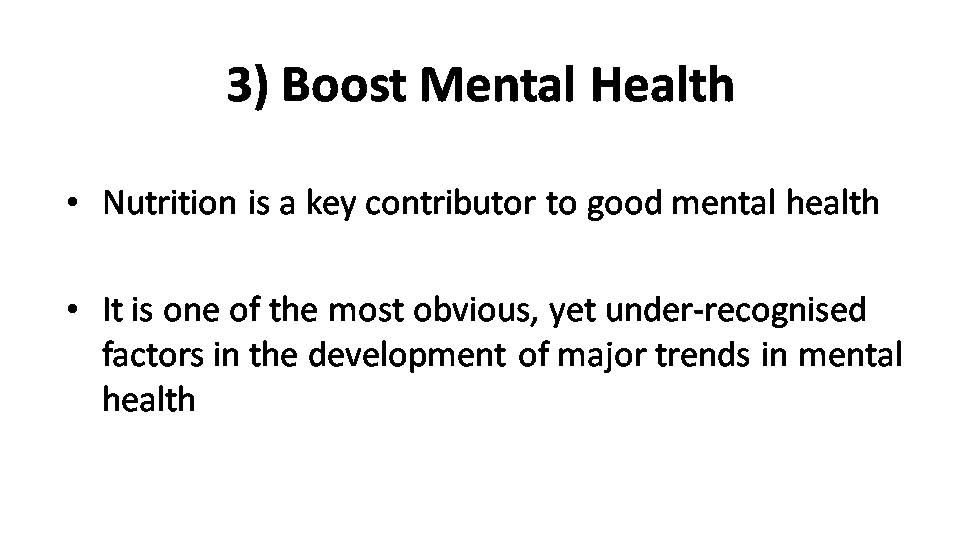
Not just that, healthy eating can have a positive impact on your life by leading to a more sustained elevated mood.

It can reduce stress too.

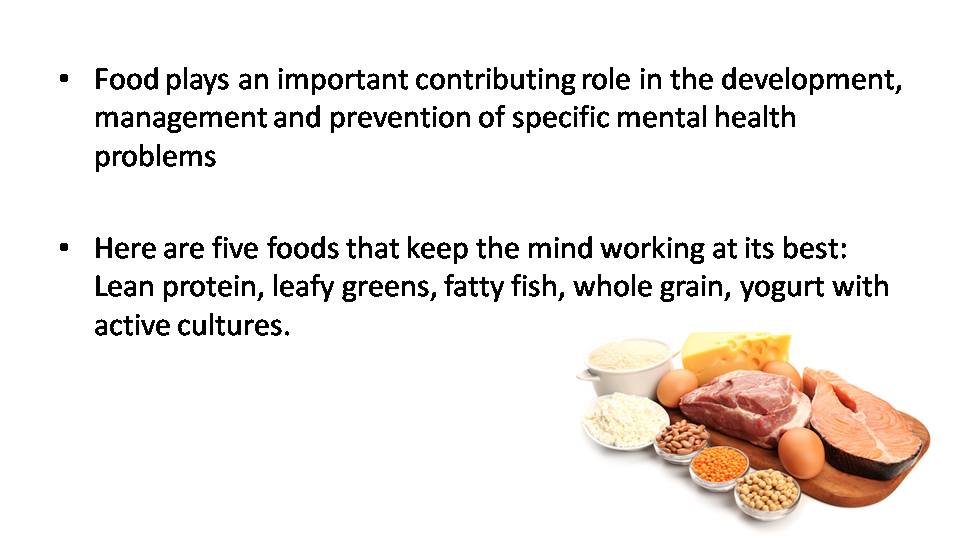


**S10**: A healthy cognitive system is essential to regulating mood, and certain nutrients have a profound impact on maintaining normal brain function .

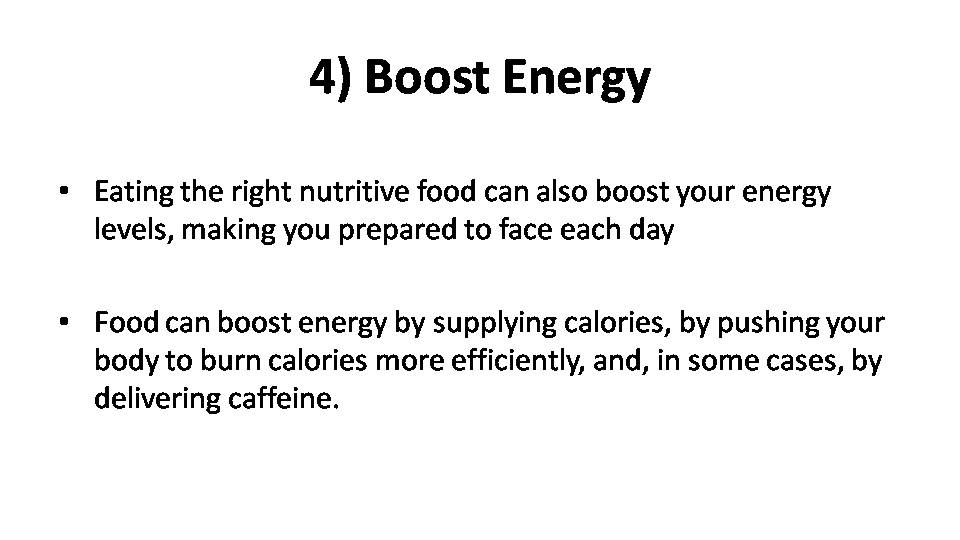
When your body is in a chronic state of stress, it breaks down protein to prepare for battle, but certain foods have the ability to moderate the body’s level of cortisol, the stress hormone.

**S11: Number 3, Boost Mental Health**

[Nutrition](https://www.psychologytoday.com/basics/diet) is a key contributor to good mental health. It is one of the most obvious, yet under-recognised factors in the development of major trends in mental health.

**S12**: Food plays an important contributing role in the development, management and prevention of specific mental health problems such as schizophrenia, depression and attention deficit hyperactivity disorder and Alzheimer’s disease.

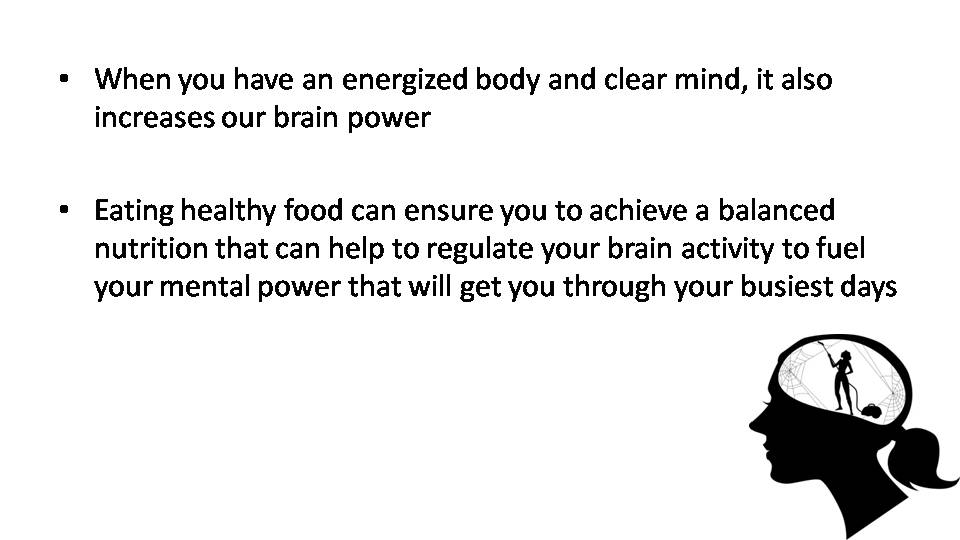
Here are five foods that keep the mind working at its best: Lean protein, leafy greens, fatty fish, whole grain, **yogurt with active cultures.**



**S13: Number 4 Boost energy**

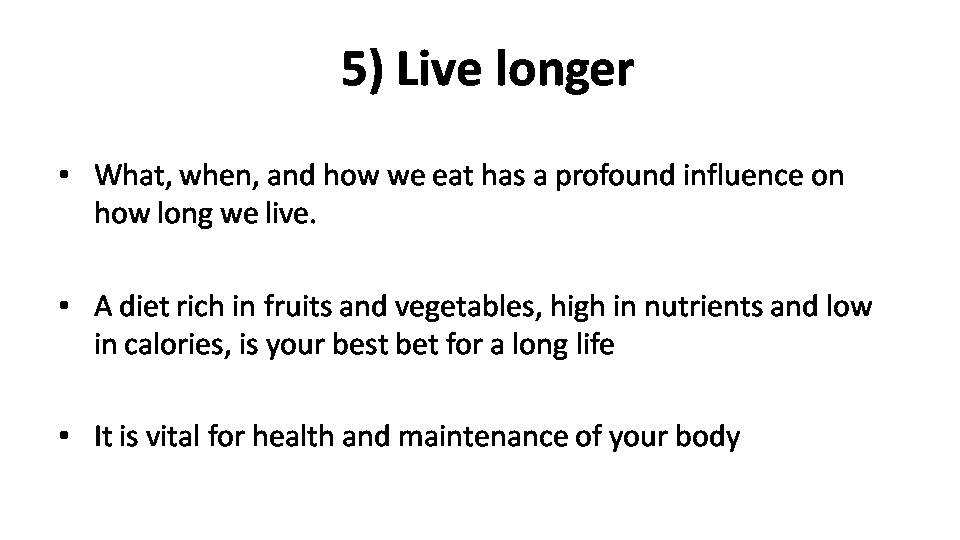
Eating the right nutritive food can also boost your energy levels, making you prepared to face each day.

Food can boost energy by supplying calories, by pushing your body to burn calories more efficiently, and, in some cases, by delivering caffeine.

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**S14:** When you have an energized body and clear mind, it also increases our brain power.

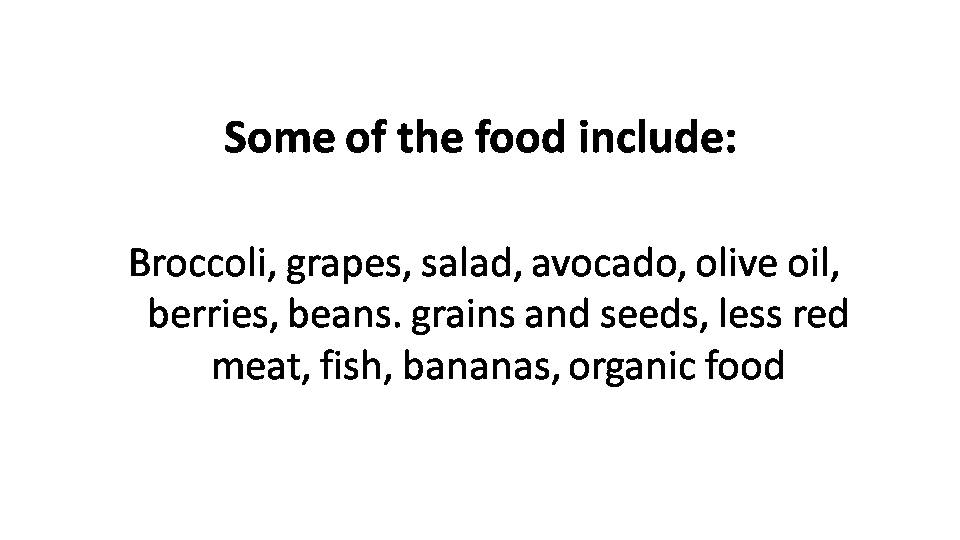
Eating healthy food can ensure you to achieve a balanced nutrition that can help to regulate your brain activity to fuel your mental power that will get you through your busiest days.

**S15: 5) Live longer**

Did you know that emerging nutrition science research, as well as data collected from people in their 90s and beyond, shows what, when, and how we eat has a profound influence on how long we live?

Around the world, certain groups of people enjoy exceptionally long lives. Consider the lucky people of Okinawa. These Pacific Islanders have an average life expectancy of more than 81 years, compared to 78 in the United States and a worldwide average of just 67.

A diet rich in fruits and vegetables, high in nutrients and low in calories, is your best bet for a long life. It is vital for health and maintenance of your body.



Some of the food include Broccoli, grapes, salad, avocado, olive oil, berries, beans. grains and seeds, less red meat, fish, bananas, organic food.