

The Benefits of Healthy Eating



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Cancer
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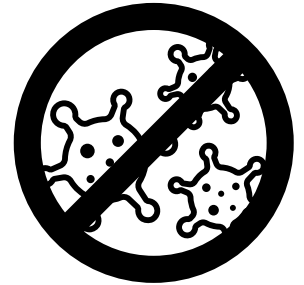
The Benefits of

Healthy Eating?



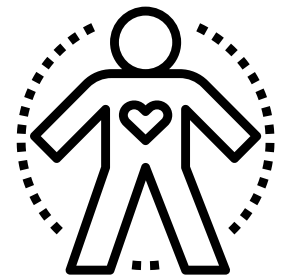
Prevent Diseases:

- **Cancer**
- **Obesity**
- **Type 2 Diabetes**
- **Heart Diseases**
- **Cavities in Children**



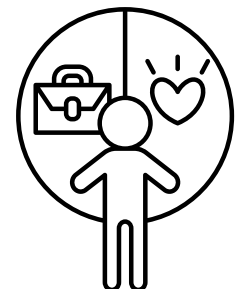
Maintains Body Functions:

A well-balanced diet provides you with the energy you need to keep active throughout the day, and with the nutrients you need for growth and repair



Keeps Clear Head for Work and Life:

Eating healthy helps with your mental health



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