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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



BENEFITS OF HEALTHY EATING

Good nutrition is essential in keeping current and future generations of Americans healthy across the lifespan. According to the Centers for Disease Control and Prevention (CDC), breastfeeding helps protect against childhood illnesses, including ear and respiratory infections, asthma, and sudden infant death syndrome (SIDS). People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

There are many other benefits to eating healthy, such as:

- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Strengthens bones
- Helps the digestive system function
- Helps achieve and maintain a healthy weight

Sadly, less than 1 in 10 children and adults eat the recommended daily amount of vegetables. Only 4 in 10 children and less than 1 in 7 adults eat enough fruit. Having a balanced diet is important to staying healthy. If you would like to learn more about how to eat healthy by creating a balanced diet of fruits, veggies, grains, protein, and dairy, visit www.myplate.gov. On this website you can also look for recipes and ways to eat healthy on a budget!