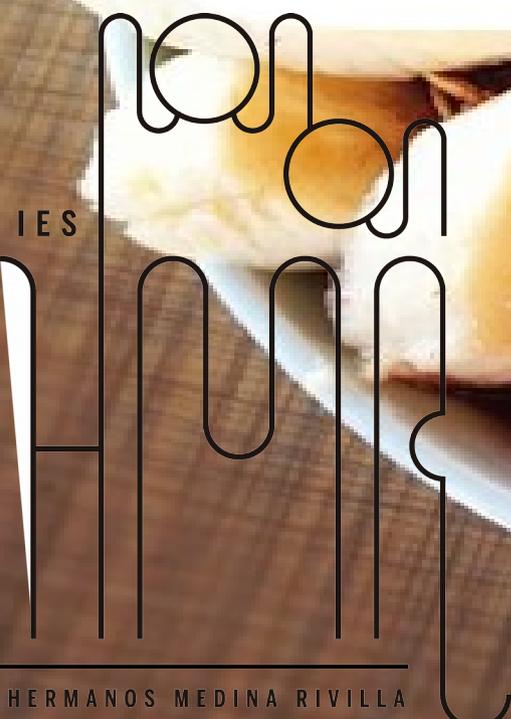


# Why Is It Important to eat Healthy?

## HEALTHY EATING



# Healthy energy

## Energy

The energy provided by food calories is needed for every function of the body , including growth proteins carbohydrates and fats are building blocks of it.

Complex carbohydrates provide a balance of calories and nutrients, whereas simple carbs such as sugar and white flour are high calories and low in nutrients.



## Weight management

A healthy diet helps maintain an ideal body weight and prevent obesity. While calories are needed for energy, empty calories those with little nutritional value can lead to weight gain.

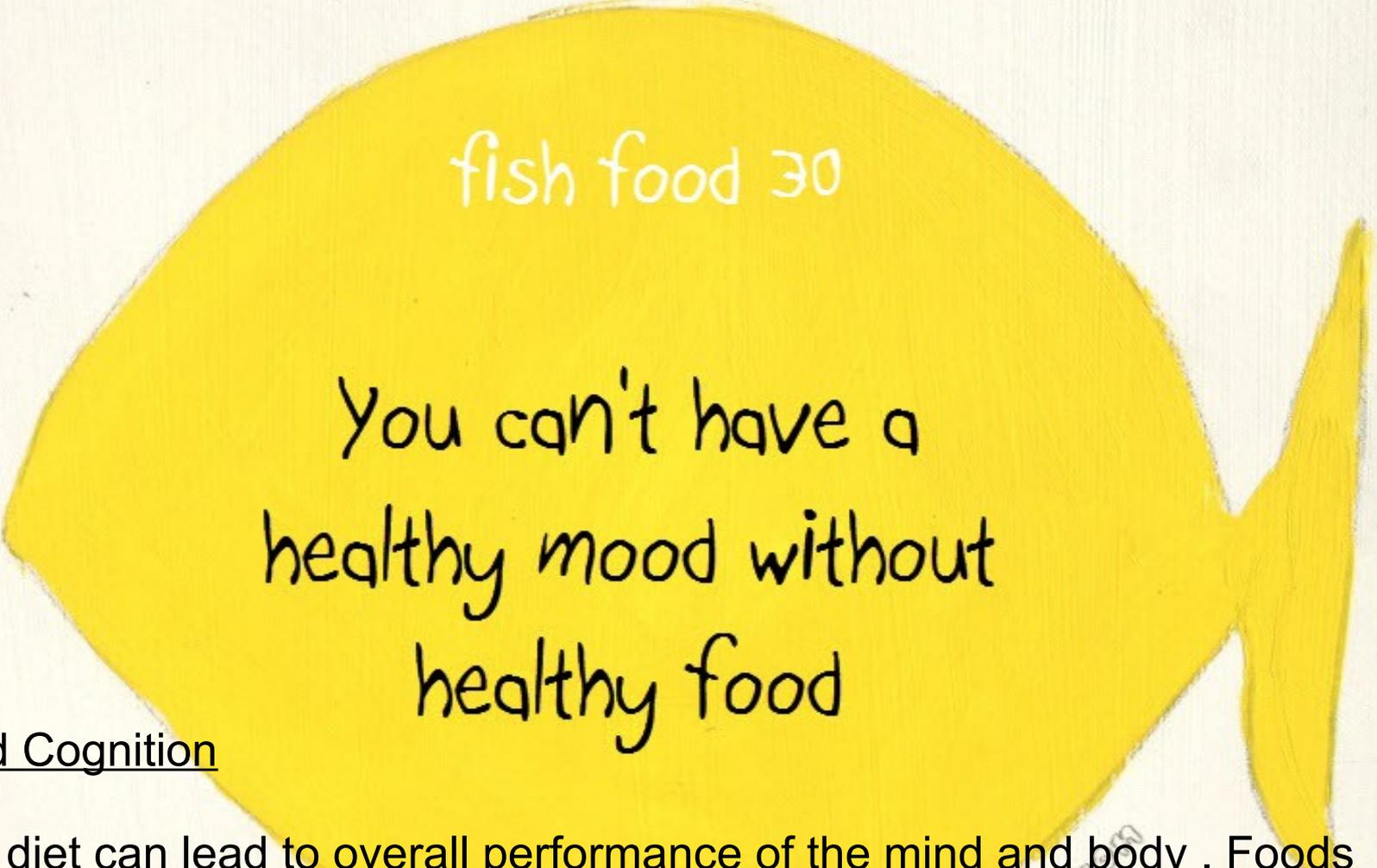


## Disease Prevention

A poor diet has been directly linked with diseases such as diabetes and certain types of cancer ,processed meats ,fried meats and alcohol are associated with an increased risk for certain types of cancer

# Disease Prevention

accuracy and diversity of modern treatments  
an effective set of treatment for each patient  
has no contraindications to repeat  
with standard therapy

A hand-drawn yellow fish shape, oriented horizontally with its tail on the right. The fish is filled with a solid yellow color and has a simple outline. Inside the fish, there is handwritten text in black ink. At the top, it says "fish food 30". Below that, in larger letters, it says "You can't have a healthy mood without healthy food".

fish food 30

You can't have a  
healthy mood without  
healthy food

### Mood and Cognition

A healthy diet can lead to overall performance of the mind and body . Foods rich in antioxidants can help promote generation of neurons into old age while improving ability of existing brain cells to communicate with each other.

What 's more,diet may play an important role in mood and mental health, it is associated with a lower incidence of depression anxiety disorders than a high sugar and processed food based diet.



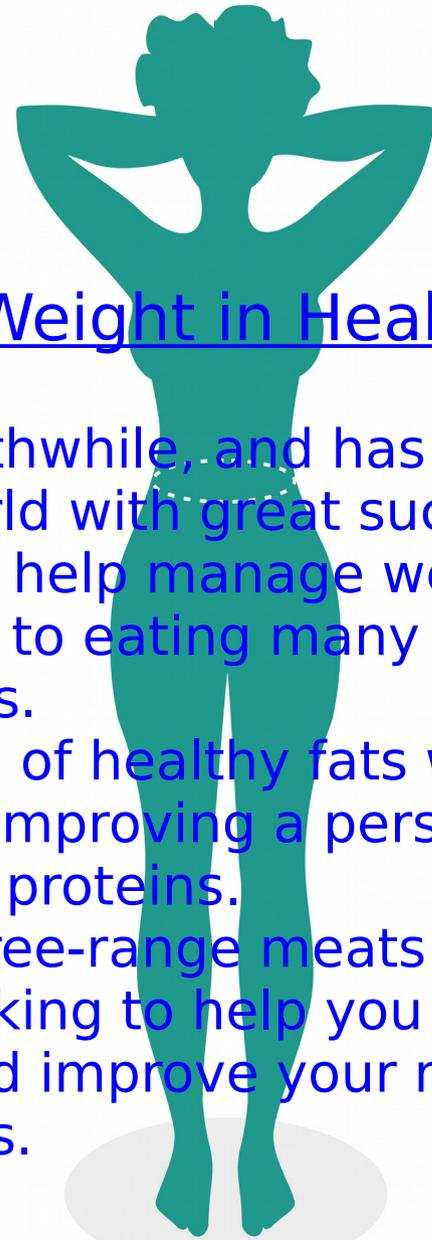
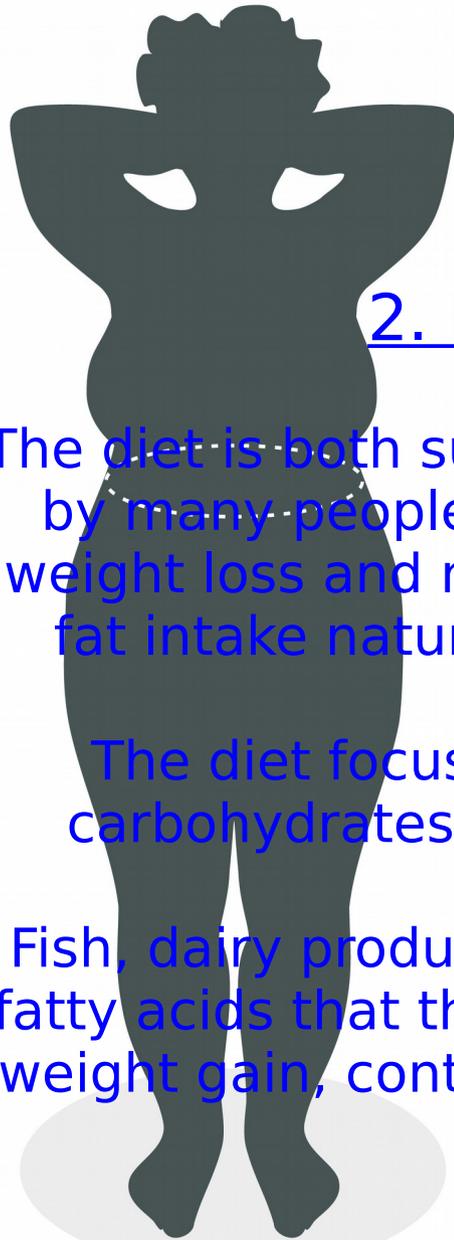
# Health Benefits of the Mediterranean Diet

The Mediterranean diet come from the historic eating and social patterns of the regions around southern Italy, Spain, Turkey and Greece moreover it, has been one of the healthiest diets. Not only is the Mediterranean diet a tasty way to eat, drink and live, but it's **reduce disease-causing inflammation** also a **realistic and sustainable way to** and lose weight, too.



### 1. Low in Processed Foods and Sugar

The diet primarily consists of foods and ingredients that are very close to nature, including olive oil, legumes like peas and beans, fruits, vegetables, unrefined cereal products, and small portions of animal products, it's very low in sugar and practically free of all GMOs .For something sweet, people in the Mediterranean enjoy fruit or small quantities of homemade desserts made with **natural sweeteners like honey also**, the diet promotes only a small consumption on meats and heavier meals .

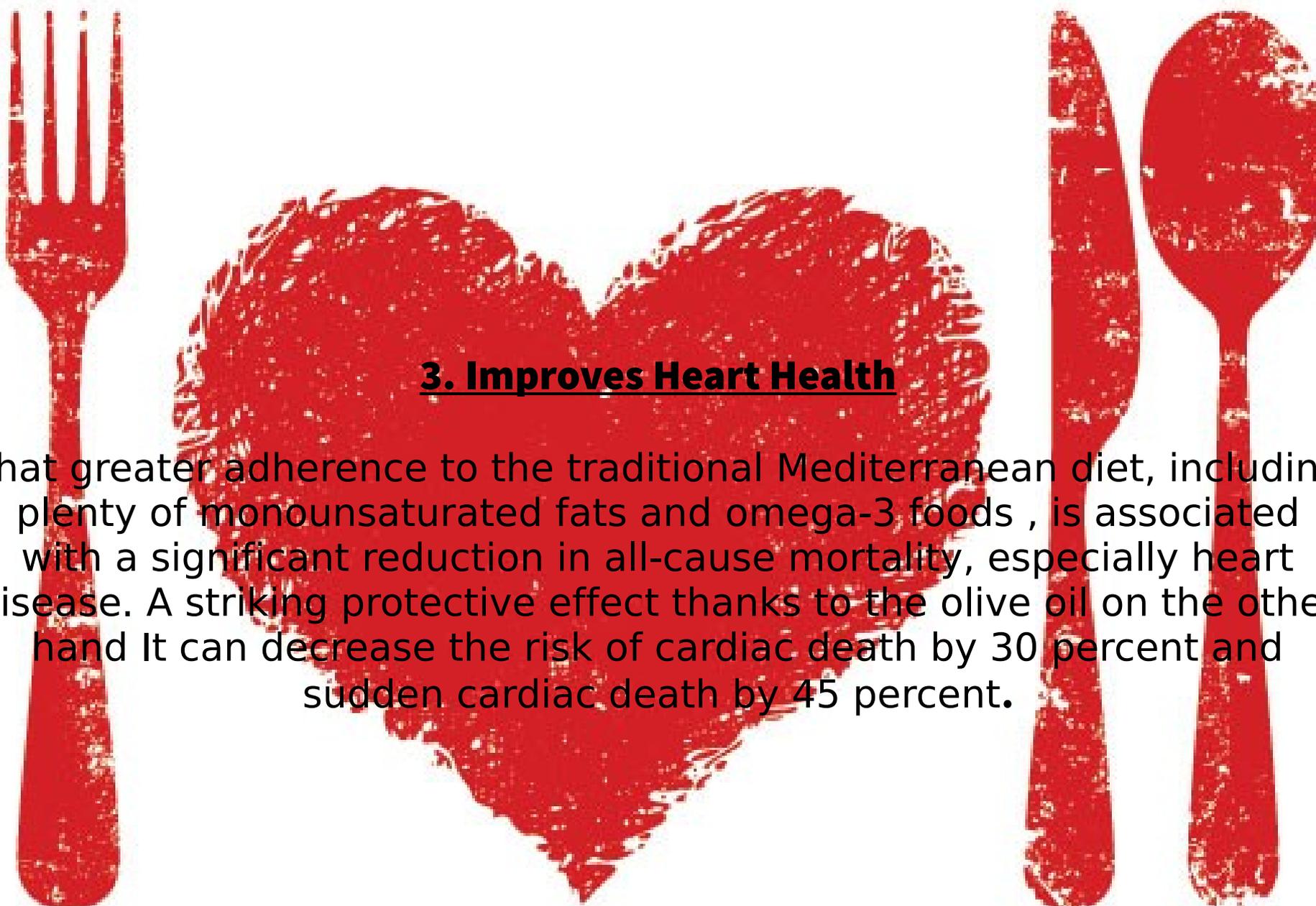


## 2. Helps You Lose Weight in Healthy Way

The diet is both sustainable and worthwhile, and has been undertaken by many people all around the world with great success related to weight loss and more, as it works to help manage weight and reduce fat intake naturally and easily due to eating many nutrient-dense foods.

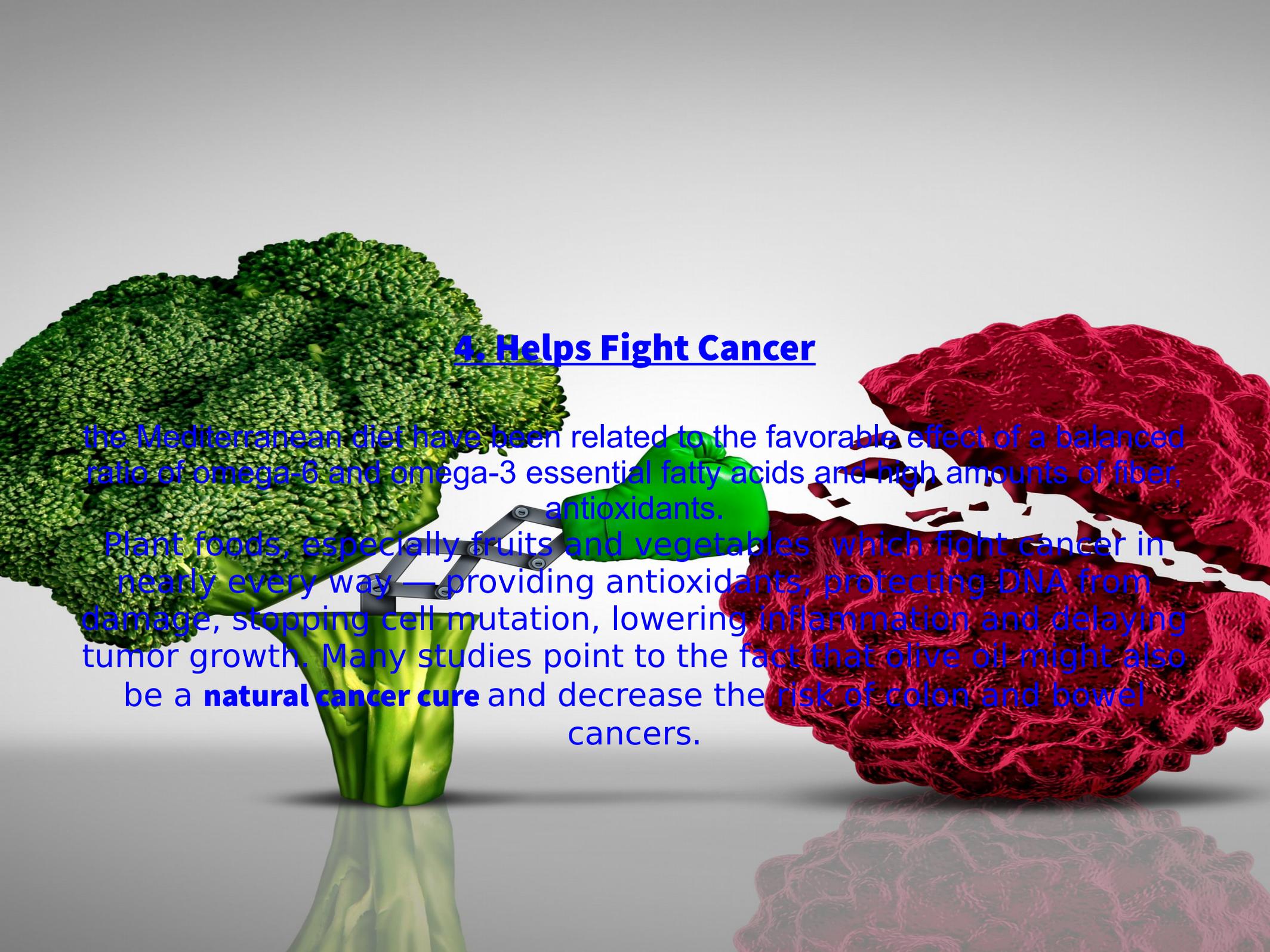
The diet focuses on consumption of healthy fats while keeping carbohydrates relatively low and improving a person's intake of high-quality proteins.

Fish, dairy products and grass-fed/free-range meats contain healthy fatty acids that the body needs, working to help you feel full, manage weight gain, control blood sugar, and improve your mood and energy levels.



### **3. Improves Heart Health**

That greater adherence to the traditional Mediterranean diet, including plenty of monounsaturated fats and omega-3 foods , is associated with a significant reduction in all-cause mortality, especially heart disease. A striking protective effect thanks to the olive oil on the other hand It can decrease the risk of cardiac death by 30 percent and sudden cardiac death by 45 percent.



## 4. Helps Fight Cancer

the Mediterranean diet have been related to the favorable effect of a balanced ratio of omega-6 and omega-3 essential fatty acids and high amounts of fiber, antioxidants.

Plant foods, especially fruits and vegetables, which fight cancer in nearly every way — providing antioxidants, protecting DNA from damage, stopping cell mutation, lowering inflammation and delaying tumor growth. Many studies point to the fact that olive oil might also be a **natural cancer cure** and decrease the risk of colon and bowel cancers.