Benefits of Healthy Eating for Adults

- Helps achieve and maintain a healthy weight
- Helps the digestive system function
- Boosts immunity
- Strengthens bones
- Keeps skin, teeth, and eyes healthy
- May help you live longer
- Supports healthy pregnancies and breastfeeding
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Supports muscles

To learn more visit [cdc.gov/healthyweight/healthy_eating](http://cdc.gov/healthyweight/healthy_eating)

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