Healthy foods assist a person in enhancing the physical and mental well-being. These foods are full of nourishment and enhance growth. Some of the significant examples of healthy food involve natural food, fiber-rich food, vitamin-rich food, protein-rich food, etc.

Healthy food keeps us away from diseases. We feel relaxed, light and stress-free when we eat nourishing food because we know we are feeding something healthy and good to our bodies.

**Benefits of eating healthy food:**The benefits/advantages of eating healthy food are given below in points.

* **Promotes overall health** – We get a strong and healthy body with a healthy mind as well by eating healthy food. Healthy food keeps fit and active.
* **Active brain** – Healthy food is full of various nutrients. These nutrients provide us energy and alertness. Hence, we stay active.
* **It protects you from various diseases, including chronic diseases** – We can safeguard us from various dangerous diseases like diabetes, high blood pressure, high cholesterol, etc. by eating healthy food
* **Combat obesity** – Healthy food also saves us from obesity as it helps in managing unnecessary weight gain.
* **Strengthens our immune system and digestion** – Healthy food strengthens our immune system, and digestion. For example, fiber rich food keeps us digestion smooth and vitamin C improves our immunity.
* **It helps you build an attractive body**– Healthy food also gives us a fit and fine body, glowing skin and overall, an attractive body.
* **It lifts your mood and makes you feel** **good** – We never feel lethargic after eating light and healthy food. Rather, we feel active and energetic. Hence, we feel good after eating healthy food.

**Conclusion** – A healthy mind resides in a healthy body. Hence, to attain a healthy mind and a healthy body, we should eat healthy food.