A healthy diet is crucial for maintaining overall well-being. It includes a variety of fruits, vegetables, whole grains, and lean proteins. Key benefits of a healthy diet are improved energy levels, better mental health, and reduced risk of chronic diseases such as heart disease, diabetes, and cancer. Additionally, staying hydrated by drinking plenty of water and limiting the intake of sugary beverages is important. A balanced diet not only helps in weight management but also promotes a strong immune system and enhances skin health.