

# More Than Just Weight Loss: 7 Reasons Eating Healthy is Beneficial

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The dietary choices you make on a daily basis impacts your overall health and well-being. Though most would assume that eating healthy coincides with losing weight, there are other advantages to getting your daily dose of vitamins and nutrients. From preventing certain medical conditions to helping you to age better, the list of advantages goes on. Below are a few that might sway you to change your diet:



## 1. Increased Productivity

Your brain needs fuel in order to operate effectively. When you choose to eat foods high in nutrients and vitamins, you give your brain the jumpstart it needs each day to function properly. Including foods like dark berries, salmon, and whole grain into your diet can help boost your brain's function and productivity.

## 2. Improves Your Mood

We all seek happiness on a regular basis. While it goes without saying that there can be daily triggers that minimize our ability to be happy, what you eat can also attribute to that fact. Foods like bananas and dark chocolate have brain boosting chemicals in them known as dopamine and serotonin. When ingesting the right amount of these foods on the daily basis, you improve your mood.

## 3. Reduces Stress

Everyone experiences extreme levels of stress from time to time. Though there are plenty of ways to relieve stress, you can really alter your stress levels by incorporating certain foods into your diet. For instance, kale, referred to in this post as the [MVP of superfoods](#) contains magnesium, which is a key ingredient for reducing stress levels. Protein is also a very good addition to your diet; as the body deals with stress it breaks down the protein to help your body fight. Incorporating foods high in protein such as fish, nuts, and certain dairy products can prove beneficial.

## 4. Eat Less

Have you ever had a fatty or sugary meal and wondered why you were hungry again so soon? It could be the fact that unhealthy food options are packed with [low-nutrient fillers](#), which the body burns through rather quickly. However, by swapping out the less healthy options for healthier choices, you will feel fuller for longer.

## 5. Age Better

Everyone wants to look as young as they can for as long as they can. The aging process can actually be attributed to the types of foods you eat. When it comes to fine lines, wrinkles, and even frail bones, what you eat will greatly determine how fast this process happens. Eating foods high in antioxidants like fruits and veggies helps to improve the overall look and feel of your skin. Eating foods high in calcium & vitamin D on the other hand can help improve bone health.

## 6. Healthier Overall

It can be pretty common to assume that if you're not overweight or showing any outward signs of illness that you're healthy. However, this is not always the case. Many chronic illnesses (physical and mental) do not show signs at all until they're in a severe state. When you're eating foods filled with empty calories and low in nutrients, your body misses out on the proteins, minerals, and vitamins that it needs. When this happens your body has fewer defenses to fight when the threat of an illness is present. Watching the types of foods you eat can greatly minimize your chances of becoming ill. An added bonus to being healthy overall is the potential to live a lot longer.

## 7. Save Money

When you're in the grocery store shopping for healthier options, it might seem like you're going to spend more money than you actually save. While it is true in some instances that healthier food choices can be more costly, when you consider the overall costs of eating poorly, it actually saves you money. When you eat healthy, you minimize the need for visits to the doctor, the need for medication, or the need for surgeries and corrective procedures (i.e. lap band, Botox, Liposuction, etc.).

Eating healthy is not just for those who want to lose weight. It is a recommendation for everyone so that they can have a healthy, long lasting life. If you've been making poor dietary choices, try [gradually incorporating healthier options](#) into your weekly diet. It may take time to adjust to the new choices, but once you do, you'll begin to notice that you feel better inside and out.