



## **“The Benefits of Proper Nutrition”**

“Your diet is a bank account. Good food choices are good investments,” - Bethenny Frankel. These days, a lot of people become thoughtful about the food they eat and its effects. Indeed, good dietary choices have a number of benefits. These include better physical health, mental health, and quality of life. Firstly, developing positive relationships with food and following a nutrient-rich diet helps support overall health. Proper food choices can improve your immune system, reducing the risk of chronic illness. As for mental health, nutrition has been directly associated with the feeling of happiness. Studies show that about 95% of the body’s serotonin and 50% of dopamine—hormones of happiness—are produced in the gastrointestinal tract. Thus, consuming the right foods can actually affect your mood. Finally, improved health and more stable mental health contribute to a more satisfactory quality of day-to-day life. After all, our physical and emotional well-being build the foundation of our life. Without any doubt, following a well-balanced, nutritious, and healthy diet is a good investment in your life. Proper nutrition has been scientifically linked to improved overall health, better mental well-being, and, thus, a tangibly better quality of life.