A balance diet important to maintain a healthy body. A balanced involves eating in a way that nourishes our mind, body and organs. A healthy diet will involve certain key elements. These include proteins, veggies, fruits, calcium sources, fiber and carbohydrate.

It will also avoid certain elements. These include foods with too much sugar and saturated fats. A balanced diet is sometimes called a healthy diet.

Reasons why a balance diet is important

1. It gives us energy.
2. Better sleeping patterns.
3. Healthy teeth and bones.
4. Clear, glowing skin.
5. Avoiding obesity.
6. Avoiding diseases such as Type II diabetes.
7. Dramatically cutting the risk of severe illnesses like cancer.
8. Healthy food can taste amazing.
9. Promoting longevity.
10. Boosting our immune systems.
11. Improving brain function.
12. Stimulating muscle growth.
13. Healthy, beautiful hair.
14. Keeping our digestive system working well.
15. Avoiding the low moods and hyperactivity that can come from certain sugars, additives and preservatives.

Conclusion: Incorporating more healthy and balanced food into our diet is something that we should all try and do every day of our lives.

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