What you eat impacts your body.

**Mental Illness**
Associated with overeating high sugar, processed foods

Symptoms improved with:

**High Blood Pressure**
Associated with overeating high sodium & high sugar

Prevented by:

**Type 2 Diabetes**
Associated with overeating refined carbohydrates

Prevented by:

**Heart Disease**
Associated with overeating Trans and saturated fats, sodium

Prevented by:

Obesity is also considered a chronic disease, caused by taking in more calories than your body needs. The high sodium, sugar, and fat foods pictured above can contribute to obesity when you’re not eating balanced meals. Eating balanced meals higher in whole grains, fruits, vegetables, and other “preventative” foods pictured above can help prevent obesity.