Total Worker Health: NUTRITION

What does nutrition do for you?

- Protects against Alzheimer’s and dementia. Adults age 40-59 who are obese have twice the risk of developing Alzheimer’s.
- Supports healthy gums and teeth.
- Decreases the risk of stroke and heart attack.
- Prevents damage to the lining of the blood vessels from fatty foods.
- Supports good gut microbiota, which absorbs nutrients better and blocks harmful chemicals and bacteria.
- Reduces inflammation which can decrease joint pain.

**75%** of the sodium we consume comes from packaged foods.

**Sources:**
CDC
NCBI - PMC
NCBI - PubMed

Keeps the brain running smoothly.

Can decrease anxiety and depression, diminish perceptions of stress, and improve mental outlook.

Improves ability to fight off illness and recover quicker; boosts the immune system.

Supports good sleep and improves energy levels.

Helps maintain a healthy weight: Obesity is linked to 13 types of cancer that together make up 40% of all cancers diagnosed in the U.S.

Protects the skin against premature aging.

Reduces the risk of developing chronic diseases: high blood pressure, heart disease, type-2 diabetes.

Reduces inflammation which can decrease joint pain.

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