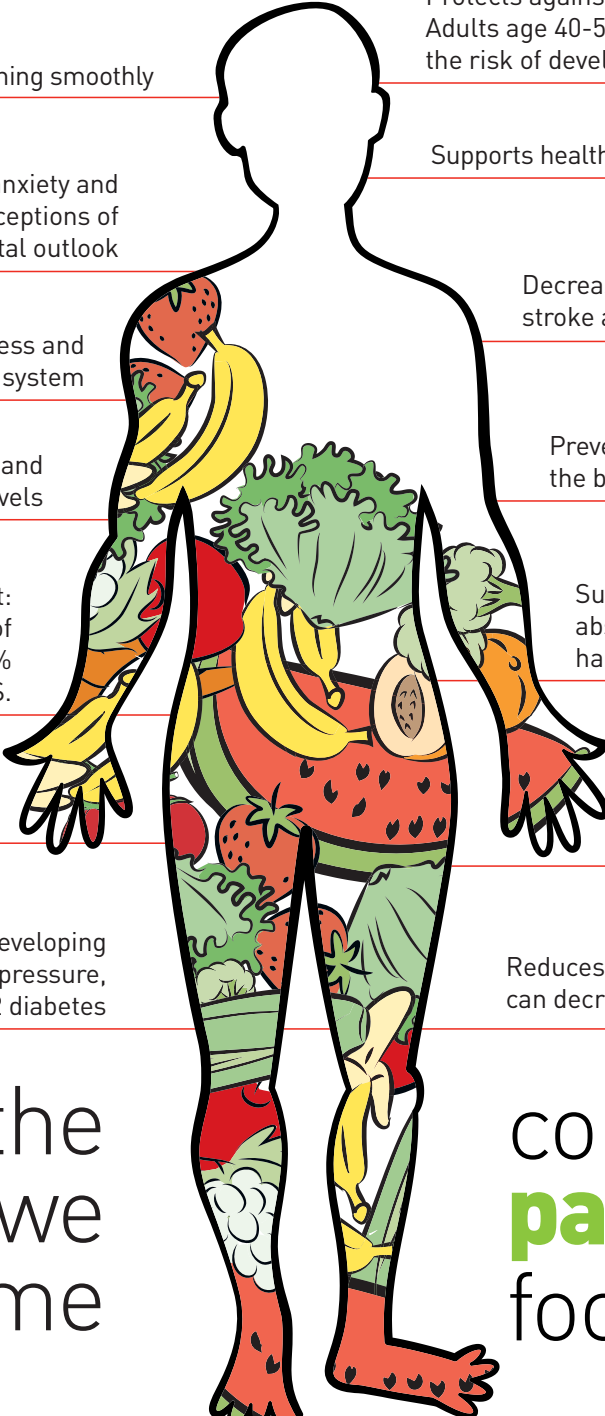


# Total Worker Health: NUTRITION

## What does **nutrition** do for you?



Keeps the brain running smoothly

Protects against Alzheimer's and dementia. Adults age 40-59 who are obese have twice the risk of developing Alzheimer's.

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

Supports healthy gums and teeth

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

Decreases the risk of stroke and heart attack

Supports good sleep and improves energy levels

Prevents damage to the lining of the blood vessels from fatty foods

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.

Supports good gut microbiota, which absorbs nutrients better and blocks harmful chemicals and bacteria

Protects the skin against premature aging

Reducing salt improves blood pressure, helps with weight loss, and lowers cholesterol.

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

Reduces inflammation which can decrease joint pain

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