## Total Worker Health®:

## NUTRITION

## What does nutrition do for you?

Keeps the brain running efficiently

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. Fewer trips to the dentist

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

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

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

Reduces inflammation which can decrease joint pain

75% of the sodium we consume

Reduces the risk of developing chronic diseases: high blood pressure, heart

disease, type-2 diabetes

Sources: CDC NCBI - PMC NCBI - PubMed comes from packaged foods.