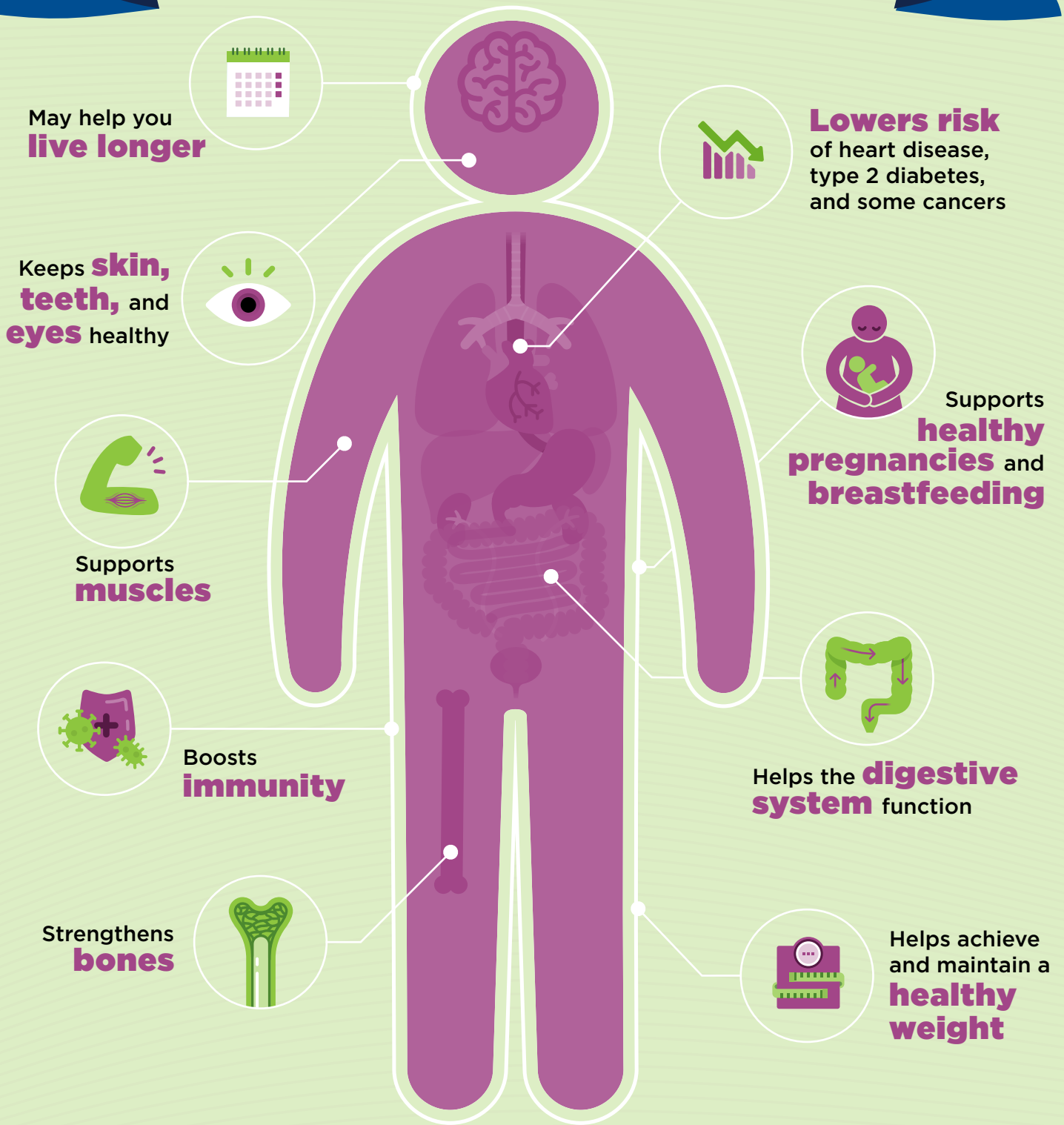


Benefits of Healthy Eating for Adults



TO LEARN MORE VISIT
[cdc.gov/nutrition/php/resources/healthy-eating-benefits-for-adults.html](https://www.cdc.gov/nutrition/php/resources/healthy-eating-benefits-for-adults.html)

