

Balanced .v. Poor Diet

Benefits of a balanced diet	Disadvantages of a poor diet
<ul style="list-style-type: none">● More energy● Improved mood● Improved memory and concentration● Improved immune system● Heart health and stroke prevention● Reduced cancer risk● Better quality of sleep● Role modelling for children● Healthy bones and teeth● Good digestive health	<ul style="list-style-type: none">● Feeling tired and sluggish● Risk of high blood pressure● Risk of high cholesterol● Increased risk of heart disease and stroke● Poor bones● Tooth decay● Malnutrition● Risk of low mood or depression● Obesity<ul style="list-style-type: none">○ Risk of illnesses, e.g. diabetes and cancer○ Increased pressure on organs and joints