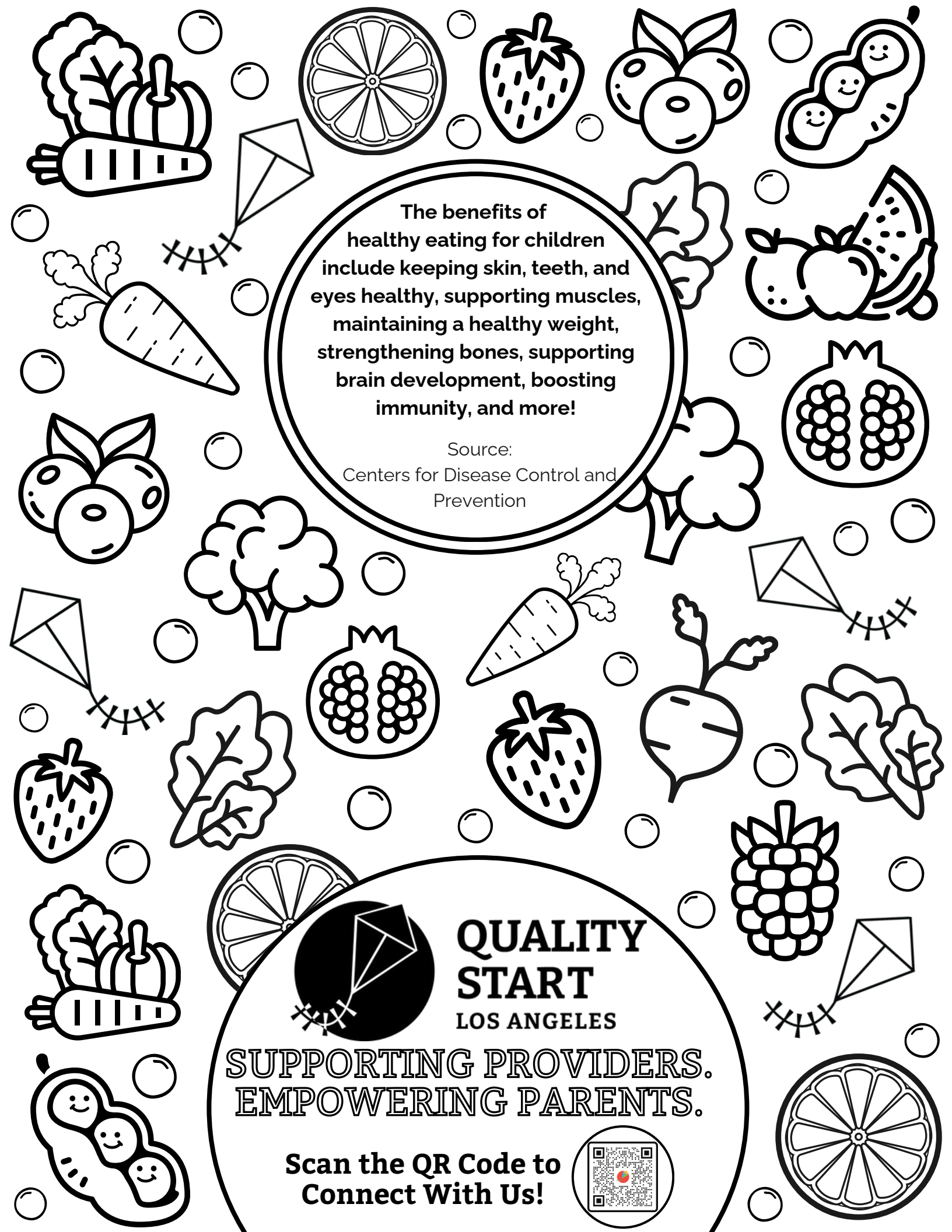

The benefits of healthy eating for children include keeping skin, teeth, and eyes healthy, supporting muscles, maintaining a healthy weight, strengthening bones, supporting brain development, boosting immunity, and more!

Source:
Centers for Disease Control and Prevention

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