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### DIETARY PATTERNS AND IT'S IMPACT ON CHRONIC DISEASES

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KEYWORDS	ABSTRACT
Chronic Diseases, Dietary Patterns, Healthy Eating Habits, Mental Health.	This study explores the impact of dietary patterns on chronic illness. Data were gathered from 100 respondents using a quantitative research method employing a structured questionnaire and statistical analysis. Findings reveal that the correlation analysis had a very weak relation, and regression analysis was not statistically significant. The way we eat plays a big role in our overall health. Certain eating habits, such as consuming too much junk food or sugary drinks, can increase the risk of chronic diseases such as diabetes and heart problems. On the other hand, a balanced diet with fruits, vegetables, whole grains, and healthy fats can protect against these illnesses. Furthermore, adopting healthy eating habits can enhance mental health, improve energy levels, and support a strong immune system. Dietary habits can be changed to reduce the risk of chronic diseases, and this research suggests public health programs to encourage healthier eating.
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