

# Healthy vs. Healthful

Are you healthy or healthful?

Is what you're eating healthy or healthful?

Healthy is typically used to describe people in good health, as in:

"How Broadway Actors Stay Healthy"

[Los Angeles Times](#)

Though you might notice that healthy is also used to describe objects or concepts that suggest good health. For example:

"31 Healthy Snacks for Adults"

[TIME](#)

"A Healthy Diet's Main Ingredients? Best Guesses"