STEPS TO HEALTHY LIVING

- Limit alcohol, sugary drinks, processed food, sweets
- Healthy fats, oils, nuts and seeds
- Meat, poultry, fish, eggs
- Carbohydrates: whole grains (brown rice, whole wheat pasta, oats, etc.)
- Fruit and vegetables
- Dairy
- Water and non-sugary drinks
- Daily physical activity

Sources: Harvard School of Public Health, Institut Paul Lambin