

# WELLNESS LIFESTYLE PYRAMID

Take a Multivitamin, Omega-3 fatty acid and Antioxidant daily

Keep high glycaemic load foods (potato, bread, pasta and rice) to a minimum

Include nuts and seeds and healthy oils in your diet

Fruit two pieces or one cup daily if you are trying to lose weight

Protein rich foods with each meal or snack

Fresh vegetables, a minimum of three cups daily

Water minimum eight glasses daily (drink alcohol in moderation)

Regular exercise, minimum 30 min most days

