The Wellness Lifestyle Pyramid

Take an antioxidant high in resveratrol, multivitamin/ mineral, omega-3 fatty acid and probiotic daily

Include a handful of nuts and seeds and up to two tablespoons of healthy oils daily

Include starchy carbohydrates at one to two small serves daily

Enjoy a minimum of two pieces or one cup of fresh fruit daily

Include protein-rich foods in each meal or snack

Enjoy a minimum of three cups of fresh vegetables daily

Drink a minimum of eight glasses of pure water daily

Enjoy a minimum of 30 minutes of moderate activity, and 30 minutes of fun and relaxation on most days