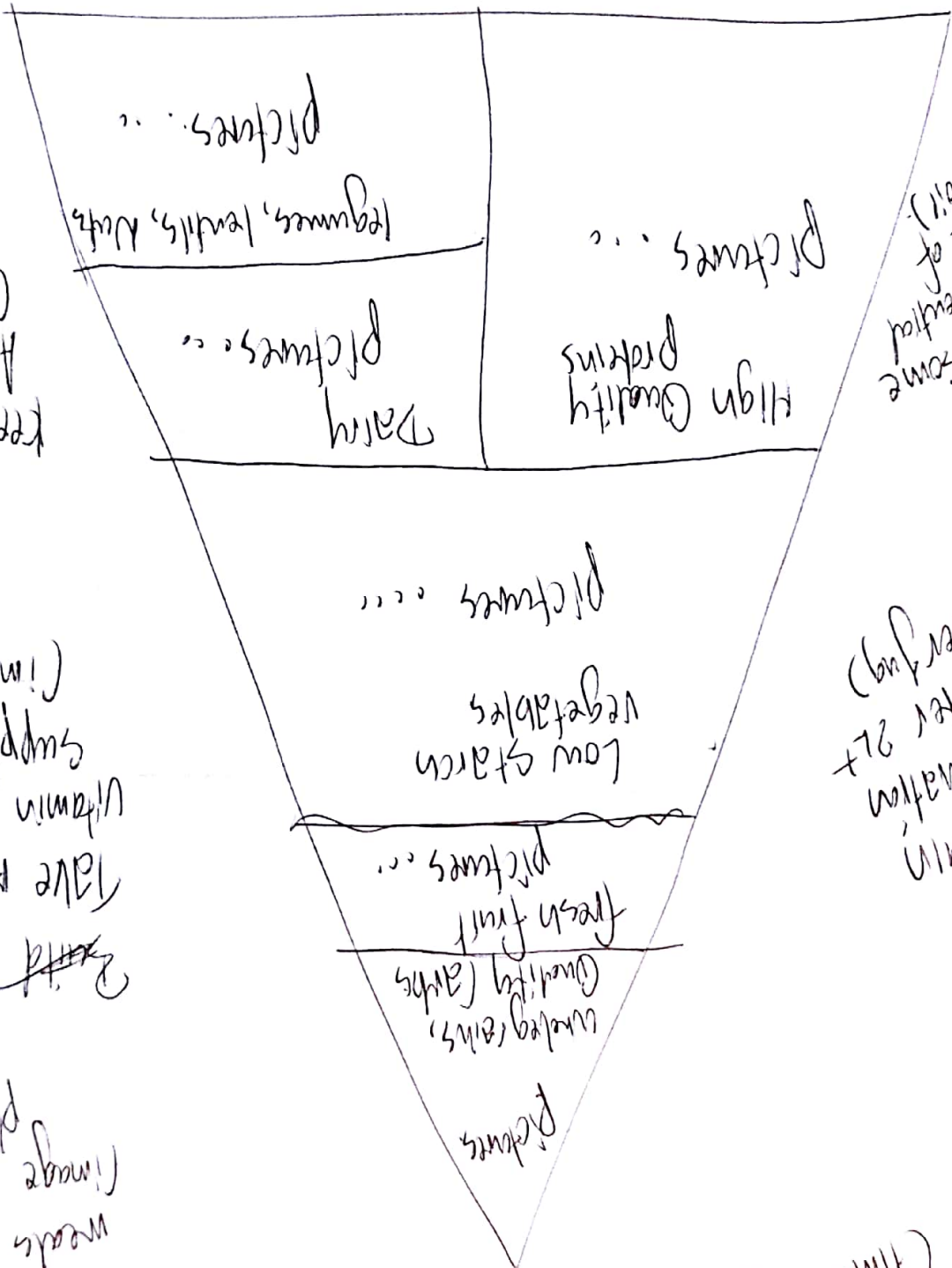


Pyramid



Include some healthy essential fats. (Image of Olive Oil)

Maintain Good Hydration with water 2L+ (water jug)

Go Slowly (Chin images)

Keep physically Active (Image: Dumbbells, running man)

Take Daily Vitamin + Mineral supplements (Image of bottles)

Dim for regular meals and snacks (Image of vs pale food/knife)