













# The Wellbeing Lifestyle Pyramid

## Daily guide

	Take a resveratrol rich antioxidant, 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.
	Limit 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 physical activity and 30 minutes of fun and relaxation.



# Anti-inflammatory diet and lifestyle tips

	Foods to increase	Rationale
	<b>Herbs and spices</b> Celery seeds, chamomile, cinnamon, fennel, garlic, ginger, rosemary, turmeric, olive oil.	Anti-inflammatory phytochemicals.
	<b>Nuts and seeds</b> Nuts: Almonds, brazil, cashew, pine, pistachios, walnuts. Seeds: Pumpkin, sesame, sunflower.	High in nutrients, vitamin E, alpha-linolenic acid, antioxidants. Anti-inflammatory.
	<b>Grains and legumes</b> Chickpeas, legumes, soy, gluten free grains such as quinoa, millet, buckwheat, brown rice.	Vegetarian diets, soy and gluten free diets shown to reduce inflammation.
	<b>Fruits</b> Avocado, grapes, oranges and all berries.	Antioxidant, anti-inflammatory phytochemicals.
	<b>Meat, poultry, fish and dairy</b> Dairy (if not intolerant), deep-sea fish.	Dairy can decrease inflammation (if not intolerant), deep sea fish higher in omega 3, shown to reduce inflammation.
	<b>Vegetables</b> Beetroot, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, celery, garlic, kale,	Anti-inflammatory (check for nightshade sensitivities).
	<b>Beverages</b> Chamomile tea, fennel tea, ginger tea, green tea, water.	Anti-inflammatory.
  	<b>Lifestyle</b> Regular exercise: aerobic, taichi and yoga. Relaxation techniques: mindfulness, acupuncture, cognitive-behavioural therapy. Limit alcohol.	Anti-inflammatory, may reduce pain symptoms, alleviate depression/anxiety and improve sleep, coping skills and wellbeing.