

A high-angle photograph of a group of people, including children and adults, gathered around a large wooden dining table. They are eating a variety of healthy foods. In the center, a person is reaching for a cherry tomato from a dark blue bowl. To the left, there's a plate of spaghetti and a long wooden board with bread. In the foreground, a person is holding a small bowl of cherry tomatoes. The table is also set with a bowl of sliced avocados, a bowl of green salad, a bowl of green beans, and a small bowl of olives. A vase of purple flowers sits on the right side of the table. The overall atmosphere is warm and communal.

EAT HEALTHY IS WEALTHY LIVING

***HOW TO CHOOSE THE RIGHT FOOD FOR BEING
HEALTHY AND HAVING LONGEVITY LIVING***

JANNETTE HAMILTON

Sound Bites For Healthy Wealthy Living

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