Dr. Yoni Freedhoff’s Healthy Living Advice
The only 48 words you’ll ever need

- Nurture sleep
- Get vaccinated
- Cook from fresh whole ingredients
- Drink alcohol at most moderately
- Don’t smoke
- Exercise as often as you can enjoy

- Avoid trans fats
- Replace saturated fats with unsaturated if you can
- Cultivate friendships
- Minimize restaurant and ultra-processed foods
- Only drink those calories that you love