

# HEALTH IS THE ULTIMATE WEALTH DIET

*‘You are what you eat’*

All of us know instinctively that eating healthy is good for us. We saw the side effects of fast food consumption in the documentary *Supersize Me*, and for as long as we remember, our doctors and dentists have been telling us to eat less sugar and eat more vegetables. There are magazines, websites, books, videos, countless sources of information available about different diets and what’s the healthiest way to eat. Then we have the fads such as bulletproof coffee (coffee with a piece of butter stirred in — yuck), intermittent fasting, primal diets, vegan only or protein only diets, high fat, high carb, starvation, saturation. How are we supposed to know which one is best for us? We are being fed too much information about what we should be eating, which leads to decision fatigue or changing diets every month.

We decided to get to the bottom of ‘healthy eating’ and interview a prominent nutritionist about the foundations of healthy diets, and what entrepreneurs should be eating to keep their body and mind in peak condition.

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