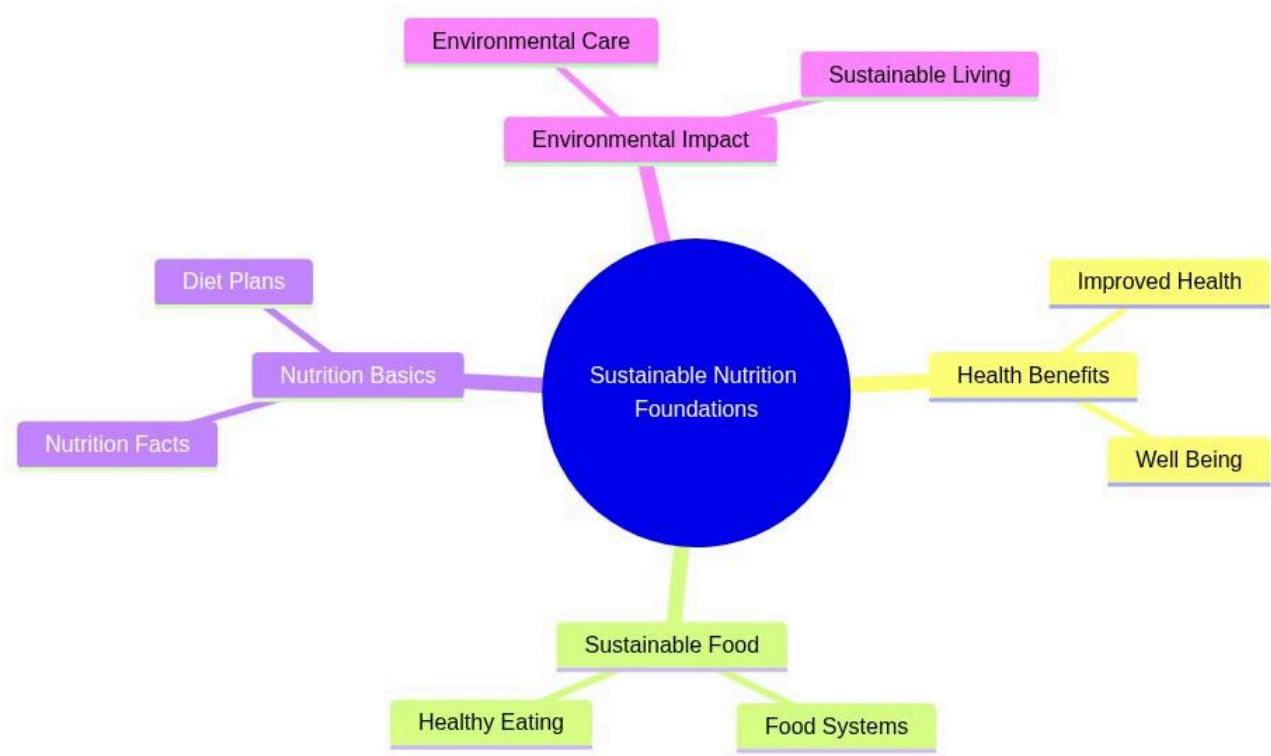


Sustainable Lifestyle Design for Longevity

Sustainable Nutrition Foundations



mindmap

```

    root((Sustainable Nutrition Foundations))
      Health Benefits
        Improved Health
        Well Being
      Sustainable Food
        Food Systems
        Healthy Eating
      Nutrition Basics
        Nutrition Facts
        Diet Plans
      Environmental Impact
        Environmental Care
        Sustainable Living
  
```