



Live Life Well

True wealth goes beyond finances—it's about living confidently, healthily and meaningfully.

What if one simple change to your daily plate could help you think more clearly, stay active longer and live well as you age?

Eating well isn't about rigid rules or food fads. It's about giving your body the nutrients it needs to move, think and thrive—supporting your healthspan and helping you spend those years in good health and vitality.

When you're healthy, you're better able to enjoy life and focus on what truly matters.

Eat well for better health—nourish your brain, heart, bones and gut, one plate at a time.

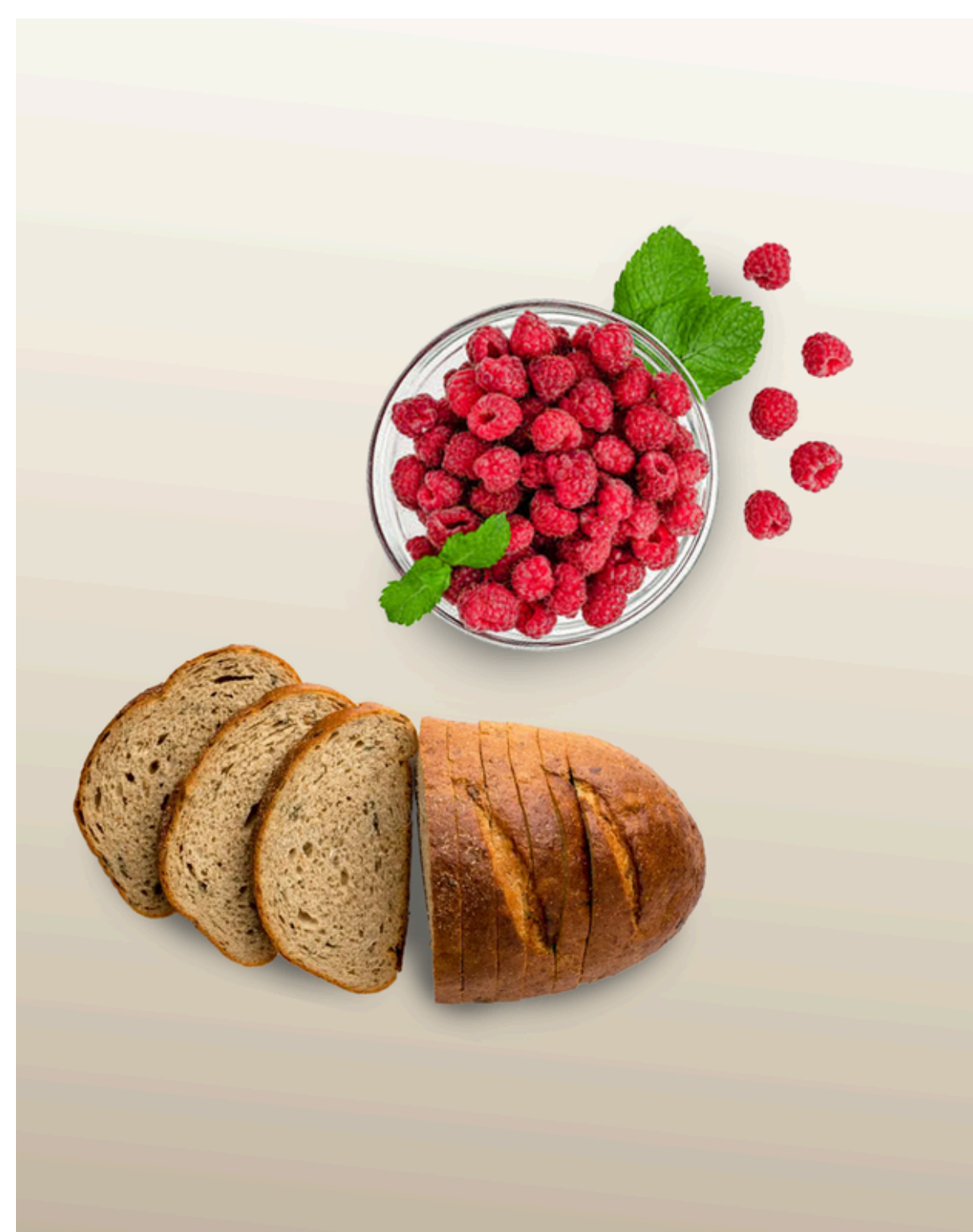
Four ways to nourish your body



Eat for a sharper brain

Your brain is a powerhouse, constantly working to process information and keep you sharp. While omega-3s support brain function¹, antioxidants help protect against cognitive decline².

Try this: start your day with cut dragon fruits or nuts, or enjoy salmon and leafy greens more often.



Eat for a strong heart

Your heart works around the clock. A diet rich in fibre³ and wholegrains⁴ could help reduce the risk of heart disease.

Try this: snack on fresh berries, or swap refined grains for wholegrains like oats or wholemeal bread.



Eat for stronger bones

Strong bones support mobility and independence as you age. Calcium helps keep bones strong, while vitamin D helps your body absorb calcium⁵.

Try this: add dairy or fortified alternatives, tofu, broccoli, eggs or sardines to your regular diet.



Eat for a healthier gut

Your gut influences digestion and immunity. Fermented foods may support a healthier gut microbiome⁶.

Try this: add yoghurt, kimchi, or miso to your diet, and aim for more fruits and vegetables each day.

Make it yours: a 7-day eat well challenge

Over the next week, choose one small action each day from the list below. Feel free to mix and match, or repeat favourites.

- Add a handful of berries or nuts to your breakfast
- Switch one serving of white rice or white bread to brown rice or oats
- Add extra vegetables to your noodles or other main dishes
- Choose water, tea or unsweetened beverages instead of sugary options
- Grab a plain yoghurt and top it with your favourite fruits for a mid-day snack
- Cook with olive or canola oil
- Make a fruit salad for dessert

Live Life Well — one mindful meal at a time

The food choices we make today can shape how we feel and function in the years ahead. Start with small changes today, and your future self will thank you.

Stay tuned for more tips in our upcoming newsletters and social posts, as we continue sharing simple ways to help you live life well.

Visit our website to learn more: grp.hsbc/livelifewell

Wishing you good health and wellbeing,
HSBC Life

Footnotes:

- 1 Effects of Omega-3 Polyunsaturated Fatty Acids on Brain Functions: A Systematic Review - PMC
- 2 Nutritional composition, phytochemical profile, and health benefits of *Hylocereus Undatus* (pitaya): A comprehensive review - Bishoyi - 2024 - eFood - Wiley Online Library
- 3 The Impact of Dietary Fiber on Cardiovascular Diseases: A Scoping Review - PMC
- 4 Nutritious Foods For A Healthy Diet - Health Hub
- 5 Daily Calcium Intake - For Greater Bone Strength - Health Hub
- 6 Fermented Foods, Health and the Gut Microbiome - PMC