

# Herbalife Nutrition Expert Shares Valuable Nutrition Tips to Make Smart Food Choices and Promote Healthy Eating Habits



Herbalife Nutrition (NYSE:HLF), a premier global nutrition company, recently invited Dr. Jonathan Yarom, Herbalife Nutrition Advisory Board Member, to share valuable health and nutrition information to its Independent Members in Thailand. Dr. Yarom has explained the major role that nutrition plays in dietary choices to boost our physical and mental performance. He also emphasized the advantages of choosing high-quality food and products made of top-grade ingredients and processed following the highest standards, as well as developing healthy eating habits in order to improve and maintain our overall well-being in the long run.

“Every day, our body needs a balanced amount of carbohydrates, proteins, fats, vitamins, minerals, phytonutrients, water and fiber to function properly. If we are aware of the importance of each nutrient, we will be able to select the right foods to benefit specific systems in our body. A combination of the right nutrition plus sufficient sleep and regular exercise is the key to living a healthy, active life,” he said.

Mr. Suphot Rittipichaiwat, General Manager for Herbalife Nutrition in Thailand, said, “Through this talk helmed by our NAB member Dr. Jonathan Yarom, our members are equipped with solid knowledge to help people cultivate positive nutrition and lifestyle habits, building a healthier community around them.”

For more information on Herbalife Nutrition in Thailand, please visit [www.Herbalife.co.th](http://www.Herbalife.co.th) our Facebook page or call 02-660-1600.