

A review of the literature on art therapy reveals that there are several studies that discuss the benefits of art therapy. Saturated fats are found in meat and cheese, in addition to unsaturated fats found in fish and nuts, and trans fats are found in fried and canned foods. There are many different types of fats, such as saturated, unsaturated, and trans fats.<sup>2</sup>— lower the salt and sugar Second, reduce the salt in your food to 50 grams to reduce table salt, drink low-sodium water, reduce sugar intake to eliminate fat and tooth decay by reducing meals. Eat protein-rich snacks occasionally to reduce the risk of chronic diseases. Older adults should consume at least 400 calories.