

BEST HEALTH

- ✓ Thrive
- ✓ Well
- ✓ Balance stress
- ✓ Ideal weight

NUTRIENTS

Macros, Vitamins & Minerals

ENERGY

Mental & Physical

nourishing behaviour

#1 FOOD

type, time, volume

moving

sleeping

PROTEIN

1 gr = 4 cals
36 hours

CARBS

1 gr = 4 cals
7 hours

DIETARY FAT

1 gr = 9 cals
20 hours

ALCOHOL

1 gr = 7 cals
12 hours

FIBROUS

Low GI response
High fibre

COMPLEX

Medium GI response
High energy

SIMPLE

High GI response

CHOLESTEROL

5.3-5.7 mmol/L
Make (hor, vitD, bile)

TRIGLYCERIDES

1.2 - 1.85 mmol/L
Energy

URIC ACID

<5.5>mg/dL

- ✓ Fructose
- ✓ Alcohol
- ✓ Purines
- ✓ <Sleep/Stress

BLOOD GLUCOSE

4.8-5.3 mmol/L

GLYCOGEN

1700 cals

BODY FAT

Infinite cals

Use it

Use it

BEST HEALTH

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- Real whole food
- Lower carbs (sugar)
- Lower portions (>fat)
- Fast (1/7 @ 16 hours)
- Move (60-75%)

TRIGLYCERIDES

KETONES

2.0 - 4.0 ppm