

# **The Guidebook to HAPPINESS**

Are You Leaving Your Happiness to Chance?  
Learn Proven & Practical Solutions for  
Experiencing Real Happiness



## **Weekly Workout 3**

# **Nutrition**

The right fuel



And the  
Winner  
is!!!

$$\mathbf{H = N / C}$$

**H = Health**

**N = Nutrient Value**

**C = Calories**

MACRO  
Carbohydrates  
Protein  
Fat

# Nutrients




**Micro**

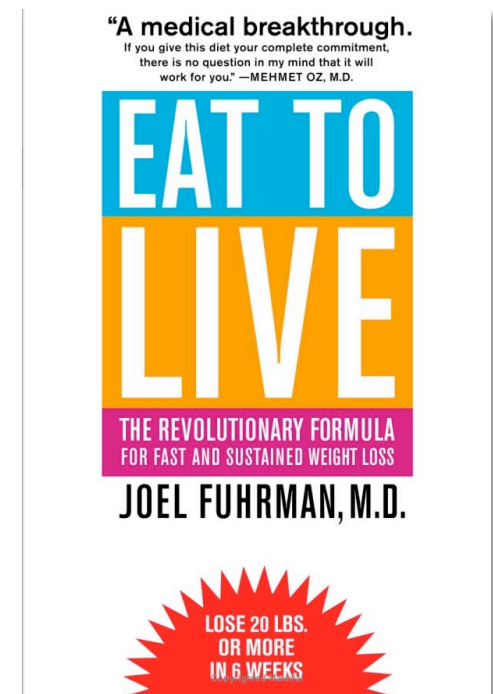
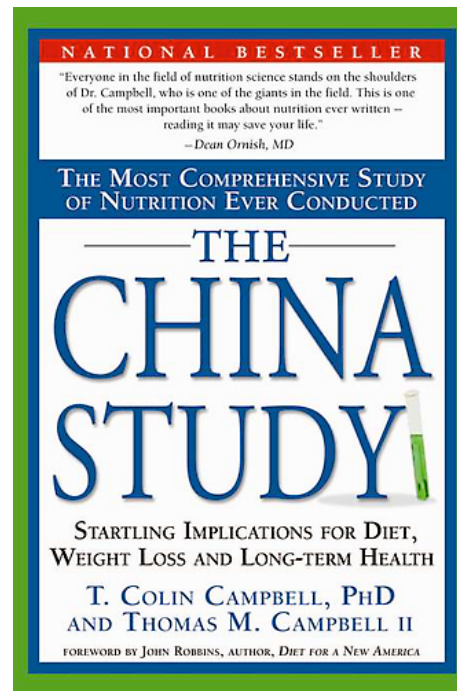
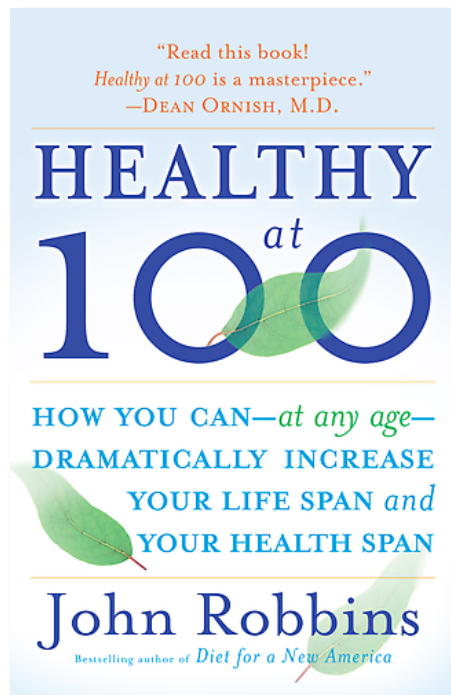
Vitamins &  
Minerals

Phytonutrients

Fibre

$$H = N / C$$

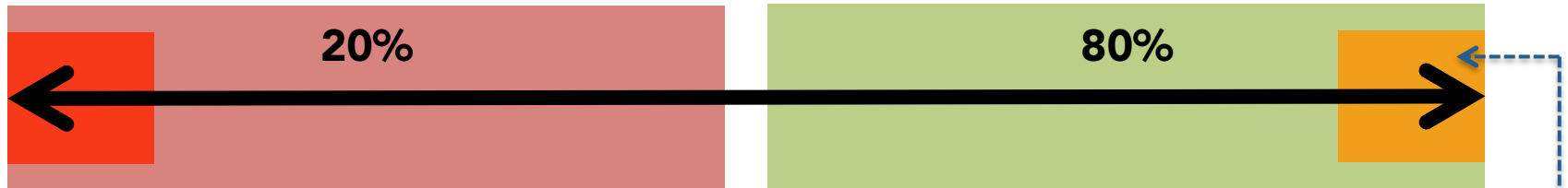
Properties			
Fibre	Low	None	High
Vitamins & Minerals	Some	Low	High
Phytonutrients	V. Low	None	V. High
Saturated Fat	Yes	Yes	-
Trans Fat	Yes	-	-
Water content	Low	-	High
Processed	High	High	-
Calories	300	70 each	7 per cup



# The 80% rule + 80/20 rule

The not so good stuff

The Good stuff!



Artificial Foods  
High in saturated fats  
High in cholesterol  
Highly processed  
Non Organic



Natural Foods  
High in micronutrients  
Whole food (not processed)  
Live foods  
Organic

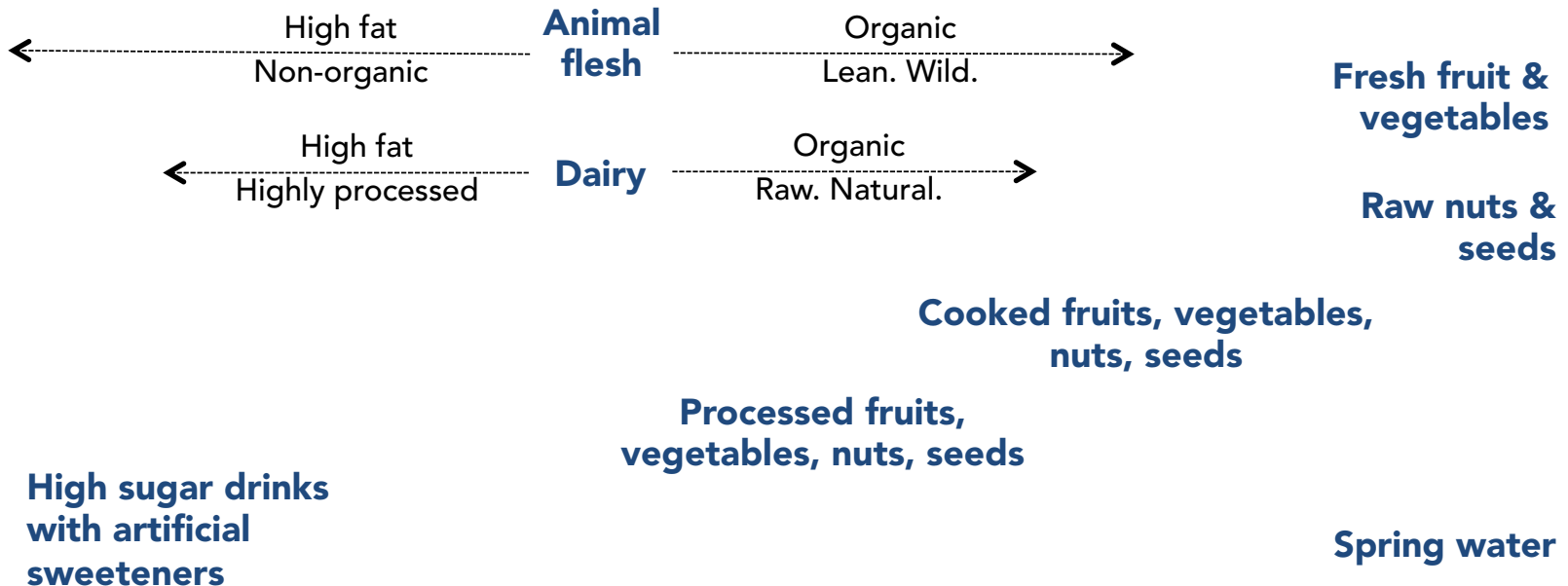
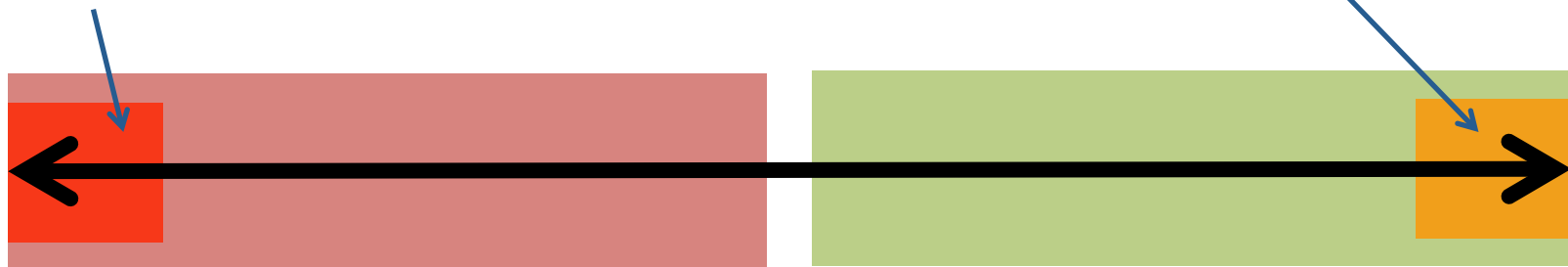


20% = 80% increases health

# A 'general guide'

Deep fried non-organic processed  
high in saturated fat & cholesterol  
(fast food): e.g. KFC

Live green leafy organic  
vegetables





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