

# The Balance of Good Health

Below you will see two food pyramids; one showing the traditional high carbohydrate and low protein diet advocated by many mainstream health professionals and the other is our revised approach to diet and optimal health. In the second pyramid you will notice the proportions of plant foods, protein and fats compared to carbohydrates is much higher. This is because research has shown that a diet high in refined carbohydrates has been associated with poor concentration and fatigue and numerous chronic conditions including hypoglycaemia, diabetes and cardiovascular disease.



**Traditional Food Pyramid**



**Balance of Good Health Pyramid**