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Leads to extreme happiness
but makes you hungrier!

Simple
Carbs

Servings:

Protein
Servings:

Fat
Servings:

Makes you feel full while you
are eating and maybe a little
happy

Milk Sugars
(Med carbs)

Servings:

Leads to extreme
fullness but makes you
no happier

Vegetables
(Long carbs)

Servings:

Milk sugars and vegetables are the only foods
that help your blood sugar later!

Satiety (Feeling Full)