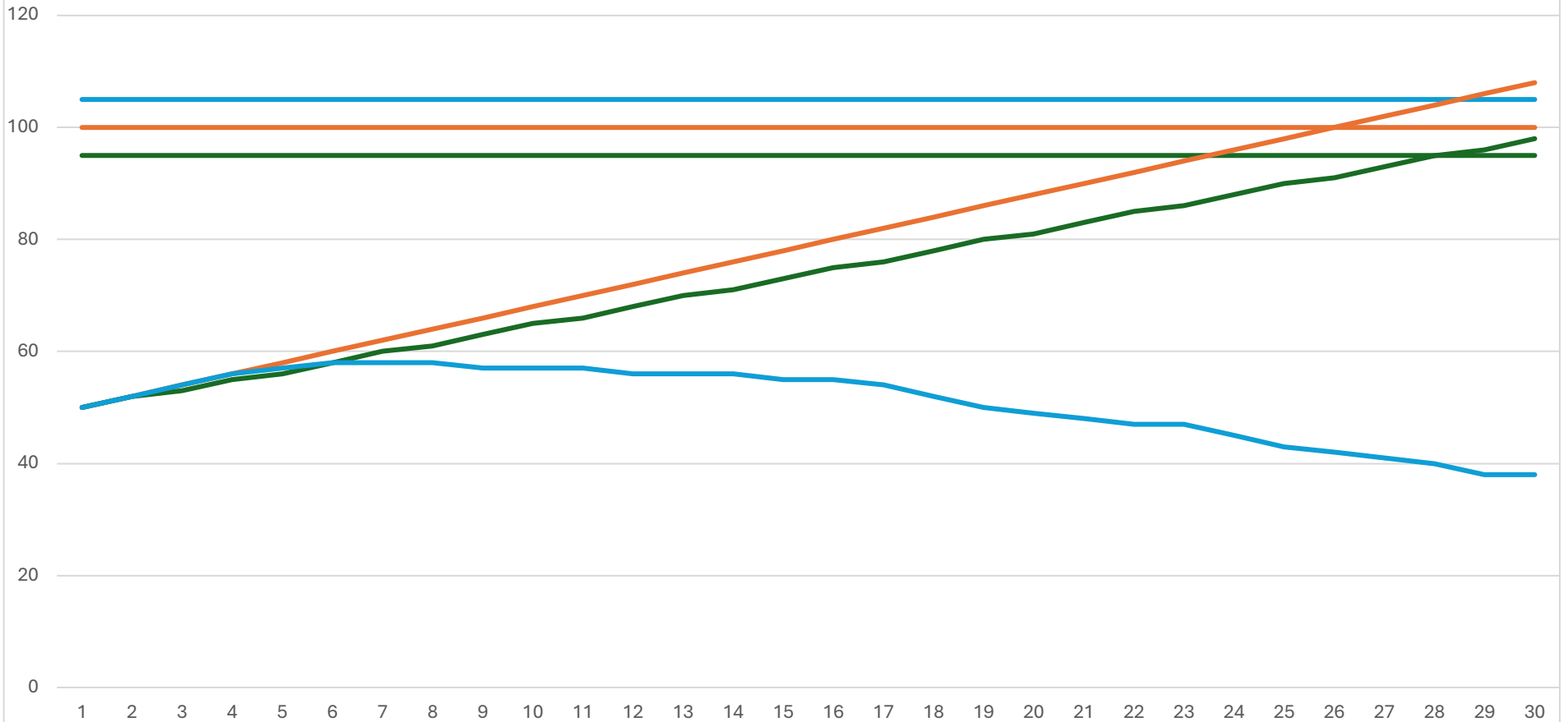


# Nutrition v. Fitness/Performance/Health



Strictly Optimal Nutrition

Good, But Not Perfect, Nutrition

Obsessive Nutrition

Optimal Nutrition (Outcome)

Good Nutrition (Outcome)

Obsessive Nutrition (Outcome)