

FOOD FOR THOUGHT:

KALE & QUINOA SALAD



What are Carbohydrates?

Carbohydrates are sugars found in foods that play a big role in the body's source of energy.



EXTRA PROTEIN ADD IN IDEAS:

- Grilled Chicken
- Hard Boiled Eggs
- Nuts/Seeds
- Shrimp/Fish
- Cheese
- Tofu

There are 3 Main Types of Carbohydrates:

1. Simple Carbs
2. Complex Carbs
3. Fiber

QUINOA FACTS:

- Naturally Gluten-Free
- Whole Grain
- 1 cup cooked provides 8g protein and 5g fiber
- (Complete Protein), meaning it contains all of the essential amino acids needed. Other examples of complete proteins come from animal sources.

FOOD FOR THOUGHT:

MEDITERRANEAN CHICKEN WITH ARTICHOKE TOPPING

PAIRING CARBS WITH PROTEIN

Proteins are made up of several amino acids which help the body build and repair muscle. Proteins are not a primary source of energy like carbohydrates, meaning it will not cause a significant rise in your blood sugar levels when eaten. Foods high in protein include meats, nuts, seeds, eggs, and dairy. The body digests protein-rich foods much slower than carbohydrates. Therefore, it is recommended to pair foods that are high in carbohydrates with foods high in protein. Protein helps to slow the digestion and the absorption of carbohydrates. Slowing down this process delays spikes in blood glucose from occurring after meals.



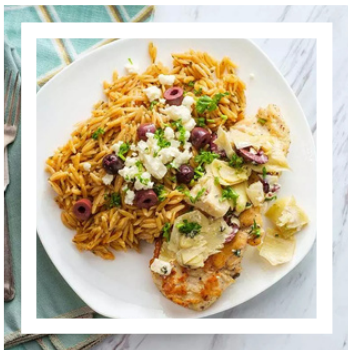
**LOW CARB
OPTION**



**GOOD SOURCE
OF PROTEIN**



**QUICK AND
EASY**



Recipe's Total Carb Content: 2g.per serving

Recipe's Total Protein Content: 28g.per serving

- Carb Ideas to Pair with the Chicken: *brown rice, whole grain pasta, a sweet potato, or a regular baked potato*



FOOD FOR THOUGHT:

CALIFORNIA DATE & AVOCADO CHOCOLATE PUDDING



WHAT'S IN THE PUDDING?

- **Natural Sugars:** Dates have naturally occurring sugars which can slow the absorption of sugar in the bloodstream, lowering quick spikes in blood glucose.
- **Healthy Fats:** Avocados are a great source of monounsaturated and polyunsaturated fats, also known as “healthy fats.” Healthy fats also help keep you fuller for longer.

ADDED SUGARS

Sugars that are added to foods.

EXAMPLES:

High fructose corn syrup
White or brown sugar
Soft drinks
Sweetened beverages
Desserts
Candy
Syrup

VS. NATURAL SUGARS

Sugars that occur naturally in foods.

Natural sugars include 2 types of sugars 1.) **lactose**, which is in milk products, and 2.) **fructose** which is in fruit.

EXAMPLES:

Fruits
Honey
Milk/Yogurt