

Knowledge @ Noon

"Low Carb Lifestyle"

12 pm, Wednesday, April 20th

Paola Extension Office, 913 N Pearl St. Ste #1

RSVP by Monday, April 18th to 913-294-4306



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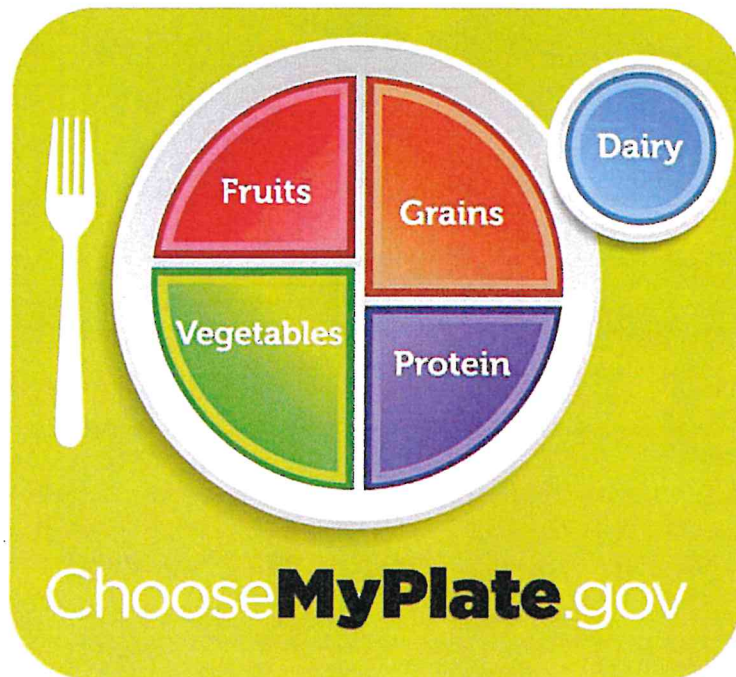
Master Food Volunteer
Marais des Cygnes District

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What are carbohydrates?

Ashley Parrish, Michigan State University Extension -

Good carbs versus bad carbs.



When trying to reduce risk of diabetes or control weight many people say they are going to “cut out all sugar” or “not eat any carbohydrates.” Never eating carbohydrates is not only impossible; it is also not healthy because our bodies need carbohydrates to function.

Carbohydrates are the body’s main fuel source. The functioning of the brain, central nervous system and red blood cells all depend on adequate consumption of carbohydrates. Carbohydrates are converted into glucose in the body, which is the body’s first go-to fuel source.

Carbohydrates are found in a variety of different foods such as, milk, bread, rice, corn, beans, cake, popcorn, potatoes, yogurt and many others.

Consuming enough carbohydrate is important; however, not all carbohydrates are created equal. Some types of carbohydrates are a healthier choice than others.



Michigan State University Extension recommends minimally processed carbohydrates, which are the healthiest choices. These sources of carbohydrates are also high in fiber, vitamins, minerals and phytonutrients. This includes foods such as:

- Whole grains
- Fruits
- Vegetables
- Beans

Highly processed carbohydrates are the least healthy choice. These include foods such as:

- White bread
- Soda
- Pastries
- White rice

During the processing of carbohydrates fiber, vitamins, minerals and phytonutrients are removed, which is why these foods are not as healthy.

Instead of eliminating carbohydrates from your diet, include healthy, minimally-processed carbohydrates. Follow the MyPlate method to get a wide variety of nutrients. For recipes for dishes made with healthy carbohydrates visit eatright.org.

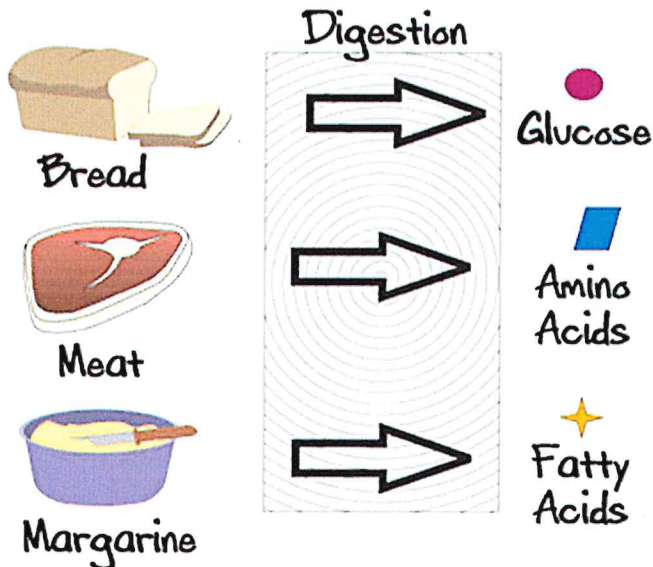
What Are Macronutrients?

Macronutrients are nutrients that provide calories. Calories are used as energy in your body. Nutrients are substances needed for growing, digestion, and other body functions. Since "macro" means large, macronutrients are nutrients needed in large amounts. There are three categories of macronutrients:

- Carbohydrates
- Proteins
- Fats

Carbohydrates are mostly in foods in the starchy foods groups, but also in vegetables, fruits, dairy foods, and sugars. The primary sources of protein are meats and dairy products. Fat can be found in dairy and meats. Fat can also be added to food, such as salad dressing or margarine. Fat can also be added when food is made, such as chips, cookies, or pizza.

When food is digested, the protein is broken down into amino acids; the fat is broken down into fatty acids; and the carbohydrate is broken down into glucose. It is easy to see, then, that most of the glucose (sugar) in your blood comes from the carbohydrate in foods.



Source: University of Illinois Extension

Low carbohydrate diets are healthier for you than no carbohydrate diets. By eating healthy carbohydrates you will feel full longer and have the benefit of added vitamins in your diet as well as less calories. Eating Complex carbohydrates vs. simple carbohydrates adds nutritional value not just empty calories. The Department of Agriculture (USDA) has determined that carbohydrates contribute about 50% of calories to the average American diet. Simple carbohydrates serve very little purpose besides providing energy or calories, so cutting out simple carbohydrates can help cut calories and lose weight.

Eat less of these carbohydrates in your diet;

Grains; barley, rice, wheat

Grain products; bread, crackers, pasta, breakfast cereal

Baked goods containing flour; cookies, cakes, pies

Starchy vegetables; potatoes, corn

Sugary foods; desserts, candy, yogurt sweetened with sugar

Juices and sugar sweetened beverages; soft drinks, energy drinks, sports drinks

High sugar fruit; especially dried fruit

Eat more of these in your meals;

meat

fish,

poultry

eggs

non starchy vegetables

nuts and seeds

berries especially strawberries

avocados

olive oil

Healthy carbohydrates have added nutritional value and are not empty calories. Foods that contain healthy carbohydrates that are part of a healthy diet include:

Beans

Lentils

Milk

Yogurt

Berries

Oats

Apples

Brown rice

Whole wheat pasta

Get carbohydrates you need from foods that have other health benefits. Some carbohydrates rich foods like beans and lentils and many fruits and vegetables are high in fiber and others are high in vitamins and minerals. Sweet potatoes contain Vitamin A and C as well as fiber and potassium. Milk and yogurt are high in calcium.

Low carbohydrate vegetables include;

Bell peppers

Broccoli

Cauliflower

Cucumbers

Celery

Tomatoes

Radishes

Onions

Asparagus

Mushrooms

Zucchini

Spinach

Avocados

Lettuce

Garlic

Kale

Brussel Sprouts

Eggplant

Cabbage

Artichokes

When you have an option of sweet or savory, go for the savory. Recipes with bread crumbs, pasta and rice, skip the ingredient entirely or cut it in half. If using rice or pasta use brown whole grain rice or whole grain pasta. Switch out parmesan cheese for the bread crumbs in breading recipes and switch nuts or seeds in place of croutons in salads and casserole toppings. Breading for chicken, fish or pork chops are easily altered using crushed nuts in place of breadcrumbs.

Cauliflower has become a popular substitute in place of mashed potatoes, rice and pizza crust. When making quiche, you can skip the crust completely. There are numerous recipes on line using cauliflower that are very good.

To reduce the amount of bread in your diet, skip the hamburger buns and use lettuce wrap instead. Make sandwiches open faced and do away with the top bread slice to cut your bread intake in half.

When eating simple carbohydrates, watch your portion size closely. Choose the smallest serving offered and then cut it in half.

RECIPES

Savory Vegetable Dip

1 Cup nonfat Greek Yogurt
1/4 Cup Mayonnaise made with olive oil
1/4 tsp salt
1/4 tsp black pepper
1/8 tsp garlic powder
1/8 tsp onion powder
1 tsp parsley flakes
1/4 tsp dill weed

16 servings of 1 tablespoon per serving

Cauliflower Hash Brown Bake

1 head cauliflower - riced or grated
1/2 large onion - grated
1/2 tsp garlic salt
1/2 cup parmesan cheese
2 egg whites
2 T olive oil
1 tsp basil

Grate cauliflower with grater or cut into florets and pulse in blender or food processor. Place in bowl and sprinkle 1/2 tsp salt and let stand 20 minutes to draw out moisture. Squeeze out moisture with a towel.

Mix all ingredients together. Place in a 9 X 13 baking dish. Bake in preheated 350 degree oven for 35 to 40 minutes. Let cool 10 minutes before serving. Serves 12

Cauliflower Hash Brown Bake

Nutrition Facts

Servings: 12

Amount per serving

Calories **43**

% Daily Value*

Total Fat 2.4g	3%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 28mg	1%
Total Carbohydrate 4.4g	2%
Dietary Fiber 1.9g	7%
Total Sugars 2g	
Protein 2.1g	
Vitamin D 0mcg	0%
Calcium 18mg	1%
Iron 0mg	2%
Potassium 232mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Savory Vegetable Dip:

Nutrition Facts

Servings: 16

Amount per serving

Calories **31**

% Daily Value*

Total Fat 1.3g	2%
Saturated Fat 0.3g	1%
Cholesterol 2mg	1%
Sodium 40mg	2%
Total Carbohydrate 0.9g	0%
Dietary Fiber 0g	0%
Total Sugars 0.6g	
Protein 1.4g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 0mg	0%
Potassium 2mg	0%

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Crustless Spinach Quiche

Preheat oven to 350 degrees and lightly grease a 9" pie pan

- 1 T vegetable oil
- 1 chopped onion
- 1 10 oz pkg frozen spinach chopped, thawed and drained
- 5 eggs beaten
- 3 cups shredded light sharp cheddar cheese
- 1/4 tsp salt
- 1/8 tsp ground black pepper

Heat oil in a large skillet over medium heat. Add onion and cook stirring occasionally until onions are soft. Stir in spinach and continue cooking until moisture evaporates. In a large bowl combine eggs, cheese, salt and pepper and spinach mixture and stir to blend. Put in prepared pie pan and bake in preheated oven until eggs have set, about 30 minutes. Let cool 10 minutes before serving. Serves 8

Broccoli Cheese Quiche

Preheat oven to 350 degrees. Lightly grease a 9 X 13 baking dish

- 3 cups chopped broccoli
- 1 cup grated cheddar cheese
- 2/3 cup milk
- 1/4 cup half and half
- 5 eggs
- 3/4 tsp kosher salt
- 1/3 tsp pepper
- pinch nutmeg

Steam broccoli in microwave with 1 T water for 2 to 3 minutes. Put broccoli in dish and top with cheese. Mix together all other ingredients and pour over broccoli and cheese. Bake until set about 40 minutes. Serves 12

Resources: UPMC Health Beat, www.lark.com



Crustless Spinach quiche:

Nutrition Facts

Servings: 8

Amount per serving

Calories **102**

% Daily Value*

Total Fat 6.8g	9%
Saturated Fat 2.7g	14%
Cholesterol 110mg	37%
Vitamin D 10mcg	48%
Calcium 128mg	10%
Iron 2mg	8%
Potassium 255mg	5%
Sodium 227mg	10%
Total Carbohydrate 3.2g	1%
Dietary Fiber 1.1g	4%
Total Sugars 0.9g	
Protein 7.6g	
Vitamin D 10mcg	48%
Calcium 128mg	10%
Iron 2mg	8%
Potassium 255mg	5%

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Broccoli Quiche:

Nutrition Facts

Servings: 12

Amount per serving

Calories **86**

% Daily Value*

Total Fat 5.9g	8%
Saturated Fat 3.1g	16%
Cholesterol 81mg	27%
Sodium 247mg	11%
Total Carbohydrate 2.7g	1%
Vitamin D 8mcg	38%
Calcium 110mg	8%
Iron 1mg	3%
Potassium 121mg	3%

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Sassy Salsa Meatloaves

- ¾ cup uncooked instant brown rice
- 1 can (8 oz.) tomato sauce
- 1 ½ cup salsa, divided
- 1 large onion, chopped
- 1 large egg, lightly beaten
- 1 celery rib, finely chopped
- ¼ cup minced fresh parsley
- 2 TBL minced fresh cilantro
- 1 TBL chili powder
- 2 garlic cloves, minced
- 1 ½ Tsp salt
- ½ Tsp pepper
- 2 pounds lean ground beef (90/% lean)
- 1 pound ground turkey
- ½ cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend.

1. Preheat oven to 350*. Cook rice according to package directions; cool slightly. In a large bowl, combine tomato sauce, ½ cup salsa, onion, egg, celery, parsley, cilantro, chili powder, garlic, salt and pepper; stir in cooked rice. Add beef and turkey; mix lightly but thoroughly.

2. Shape into 8x4-in. loaves. Set loaves on a rack in broiler pan coated with cooking spray. Bake 1 to 1 ¼ hours or until a thermometer

Reads 165*. Spoon remaining salsa over tops; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted. Let stand 10 minutes before slicing.

FREEZE option. Securely wrap cooled meat loaves separately in plastic wrap and foil. To use, partially thaw in refrigerator overnight. Unwrap meat loaf; reheat on greased 15x10x1-inch baking pan in a preheated 350* oven 40-45 minutes or until heated through and a thermometer inserted in center reads 165*.

Nutrition facts: 1 slice equals 237 cal., 11 g fat (4 g sat fat), 91 mg chol., 634 mg sodium, 9 g carb., 1 g fiber, 25 g pro.

Diabetic Exchanges: 3 lean meat, ½ starch, ½ fat.

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Cherry Tomato Salad

- 1 Quart Cherry Tomatoes, halved
- ¼ C. Canola oil
- 3 TLB White vinegar
- ½ Tsp salt
- ½ Tsp Sugar
- ¼ C. minced fresh parsley
- 1 to 2 Tsp minced fresh basil
- 1 to 2 Tsp minced fresh oregano

Place tomatoes in a shallow bowl. In a small bowl, whisk oil, vinegar, salt, & sugar until blended; stir in herbs. Pour over tomatoes; gently toss to coat. Refrigerate, covered, overnight.

Makes 6 servings

Nutrition Facts: ¾ cup equals 103 cal., 10 g fat (1 g sat fat), 0 chol., 203 mg sodium, 4 g carb., 1 g fiber, 1 g pro.

Diabetic Exchanges: 2 fat, 1 vegetable



Ham 'n' Cheese Crepes

- 1/3 Cup cold water
- 1/3 Cup plus 2 to 3 TBL 2% milk, divided
- 1/2 Cup all-purpose flour
- 1 large Egg
- 2 TBL butter, melted
- 1/8 Tsp salt
- Additional ingredients (for 4 Crepes)
 - 1 TBL Dijon mustard
 - 4 Thin sliced deli Ham
 - 1/2 Cup shredded cheddar cheese

1. In a blender,, combine the water, 1/3 cup milk, flour, egg, butter, and salt; cover and process until smooth. Refrigerate for at least 30 min., stir. Add remaining milk if batter is too thick.
2. Heat a slightly greased 8 in., Skillet; add about 3 TBL batter. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; Turn & cook 15-20 seconds longer. Repeat with remaining batter; greasing skillet as needed. Stack 4 crepes with wax paper in between; Cover and freeze for up to 3 mon.
3. Spread mustard over remaining Crepes; top each with ham & cheese. Roll up tightly. Place in an 8-in square baking dish coated with Cooking spray. Bake, uncovered, at 375* for 10-14 min. or until heated through.

TO USE FROZEN CREPES: That in the refrigerator for about 2 hrs. Fill and bake as directed.

MAKES: 4 filled and 4 unfilled crepes

Nutrition Facts: 2 filled crepes equals 423 cal., 24 g fat (11 g sat fat), 159 mg chol., 2540 sodium, 17 g carb. Trace fiber, 37 g pro.

Pineapple Angel Food Cake

1 box of Angel Food Cake Mix

1 can crushed Pineapple (packed in Pineapple juice NOT heavy syrup) DO NOT DRAIN

350° Oven

In a large bowl, mix together Angel Food Cake Mix and Pineapple. Stir well, this mixture will get foamy.

Pour batter into a 9x13 pan that has been sprayed with non stick cooking spray.

Bake according to directions on side of Cake Mix.

Cool and frost with Lite Cool Whip (optional)

WW= 4 pts.

Calories = 125

Fat= 1g

Carbohydrate= 30g

Fiber= 1g

Protein = 2g

Yogurt Dip

1 c. Nonfat Greek Yogurt

1/4 c. Mayo made with Olive Oil

1/4 t. Salt

1/4 t. Black Pepper

1/8 t. Garlic Powder

1/8 t. Onion Powder

1 t. Parsley Flakes

1/4 t. Dill Weed

Makes 10 servings. Serving Size: 2 Tbsp. Nutrition Facts per serving: 136 Calories, 3.6 g fat, .2 g saturated fat, 0 cholesterol, 150 mg sodium, 7 g carbohydrate, 18 grams protein,

Pistachio Crusted Tilapia
Bigoven.com

4 Tilapia fillets

3 T honey mustard
1 C shelled pistachios
1 tsp oregano
1 tsp thyme
1/2 tsp garlic powder
salt and pepper

In food processor combine nuts and spices and process until finely chopped. Transfer to shallow dish. Season both side of Tilapia with salt and pepper and brush with honey mustard. Transfer to nut mixture and press mix into both sides of fish. Bake 400 degrees for 15 to 17 minutes.

Nutrition Facts

Servings: 4

Amount per serving

Calories **281**

% Daily Value*

Total Fat 15.7g	20%
Saturated Fat 2g	10%
Cholesterol 41mg	14%
Sodium 257mg	11%
Total Carbohydrate 13.7g	5%
Dietary Fiber 3.5g	12%
Total Sugars 4.5g	
Protein 22.3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	11%
Potassium 12mg	0%

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Recipe analyzed by **verywell**

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Parmesan Breaded Chicken Breasts
Allrecipes.com

- 6 skinless, boneless chicken breasts cut in halves
- 2 T olive oil
- 1 clove minced garlic
- 1 Cup bread crumbs (substitute almond flour)
- 2/3 C grated parmesan cheese
- 2 tsp dried basil
- 1/4 tsp pepper

Blend olive oil and garlic. In a separate bowl mix almond flour, parmesan cheese, basil and pepper. Dip each chicken breast in oil mixture, then in flour mixture. Arrange coated chicken breasts in lightly sprayed cooking dish and top with remaining mix. Bake 30 minutes at 400 degrees.

Nutrition Facts

Servings: 12

Amount per serving

Calories **125**

% Daily Value*

Total Fat 6.5g	8%
Saturated Fat 2.7g	14%
Cholesterol 21mg	7%
Sodium 204mg	9%
Total Carbohydrate 7.1g	3%
Dietary Fiber 0.4g	2%
Total Sugars 0.6g	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 144mg	11%
Iron 1mg	3%
Potassium 20mg	0%

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KETO BURGER



CHEESE

Cheddar Cheese - 1 slice = 0.4 net carbs

Blue Cheese - ¼ cup crumbled = 0.5 net carbs

Pepper Jack/Monterey Cheese - 1 slice = 0.3 net carbs

Swiss Cheese - 1 slice = 1.5 net carbs

Feta - ¼ cup crumbled = 1 net carb

Fresh Mozzarella Cheese - ¼ inch slice = 0 carbs

Gouda Cheese - 1 slice = 0 net carbs

Cream Cheese - 0 carbs

Goat Cheese - 1 tablespoon = 0 carbs

SAUCES

Dijon Mustard - 1 teaspoon = 0 net carbs

Yellow Mustard - 1 teaspoon = 0.1 net carbs

Mayonnaise - 1 teaspoon = 0 net carbs

Ranch Dressing - 1 tablespoon = 1 net carbs

Thousand Island Dressing - 1 tablespoon = 2.18 net carbs

Ketchup - 1 teaspoon = 2.4 net carbs

Barbeque Sauce - 1 tablespoon = 2 net carbs

Tabasco - 1 teaspoon = 0 net carbs

TOPPINGS

Bacon - 1 slice = 0.1 net carbs

Cucumbers - ½ cup sliced = 1.59 net carbs

Finely Sliced Onion - 1 slice = 1.22 net carbs

Green Onions/Scallions - ½ cup = 3 net carbs

Dill Pickles - 6 pickles = 1 net carb

Mushrooms - 1 cup = 1.6 net carbs

Jalpenos - 1 jalapeno = 1 net carb

Guacamole 1 tablespoon = .24 net carbs

Sliced Avocado - 1 avocado = 2 net carb

Sliced Tomatoes - 1 small tomato = 2.4 net carbs

Basil Pesto - 1 tablespoon = 2 net carbs

Bell Pepper - ½ cup sliced = 2 net carbs

Sauerkraut - 2 tablespoons = 0 net carbs

Fried Egg - 1 egg = .33 net carbs

Prosciutto - 2 slices = 0 net carbs

Pepperoni - 15 slices = 0 net carbs