



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NUTRITION LUNCH'N LEARNS

Presented by Kate Yonke, Tru-U Dietitian, for the Y

- 1. THE END OF CARBOHYDRATE CONFUSION** Do carbs make you fat? Should I avoid carbs if my BG is high? What is a good/bad carb? Don't know the answers? - Sign up! This class will answer all your carbohydrate questions and then some!
- 2. FOOD LABEL FEVER** Do food labels leave you feeling frustrated and confused? This class will explain the basics of a food label, what to look for if you suffer from common medical issues like diabetes and heart disease, and how to interpret common food label claims. You will leave full of confidence for your next grocery store trip!
- 3. RECIPE RESCUE** Taking your favorite recipes and kickin' it up a notch towards healthy! We will find ways to cut calories, fat, and sugar, Creatively add fiber, protein, and other healthy fats. And still manage to please your palate!
- 4. WHAT'S THE SKINNY ON FAT?** Have you ever been told you have high cholesterol? Ever wonder what all those numbers mean for your health? If so, then this is the class for you! Not only will you leave finally understanding your lipid panel but you will also discover the dietary culprits that could be contributing! We will walk you through the different types of fats, dietary sources, and how to identify those hidden culprits on the food label.
- 5. DIET IS A 4-LETTER WORD** Does the mere mention of the word diet have you hanging your head and thinking...here we go again? If you would like to end the vicious cycle of yo yo dieting this is the class for you! You will learn all about the most popular diets, what really takes the weight off, and how to avoid getting caught in fancy advertising traps.
- 6. THE HUNGER GAMES** Are you "conscious" when you are eating? Do you eat when you are bored, stressed, or tired? Take this course and learn the difference between mindless and mindful eating. Understanding this is the beginning to never needing to torture yourself with dieting again!



QUESTIONS?  
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