



Healthy Carbohydrates

BETTER LIVING FOR TEXANS IS EXCITED TO OFFER A NEW CLASS SERIES FOCUSED ON HEALTHY CARBOHYDRATES.

This 4 session series discusses:

- how to find the right number of carbohydrates for your health goal

- how to incorporate carbohydrates into your meals

To learn more, contact your local agent!

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Food Demos Every Week!

Join us from **1 to 2:30 pm** on the dates below.

October 5: Building a Healthy Plate

October 12: Balancing Carbohydrates

October 19: Finding the Sides: Fruit & Dairy

October 26: The Sweetened Truth about Carbohydrates



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