

# 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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**TEXAS A&M  
AGRI LIFE  
EXTENSION**

**BETTER LIVING FOR TEXANS**

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**Mammen Family Public Library**  
131 Bulverde Crossing  
Bulverde, TX 78163

**Food Demos Every Week!**

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

**January 17: Building a  
Healthy Plate**

**January 31: Balancing  
Carbohydrates**

**February 14: Finding the  
Sides: Fruit & Dairy**

**February 28: The Sweetened  
Truth about Carbohydrates**