

“Eat This Not That”

Bad Fats -Trans fats and Saturated Fats

****Choose products without Trans fats****

- Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
- Trans fats are toxic at low levels – 3 to 3.5 grams is considered toxic
- Trans fats are added to products to increase shelf life of the product.
- Important to read ingredients list to identify if a product contains Trans fats: look at the ingredients list for the words Partially hydrogenated or hydrogenated oils.

Sources of Saturated fats include:

Fatty meats, poultry skin, bacon, sausage, whole milk, cream, and butter.

Saturated and trans fats are known as “bad fats” because they’re linked with higher levels of “bad” (or LDL) cholesterol, which in turn, increases the risk for heart disease.

Healthy Fats - Monounsaturated, Polyunsaturated Fats and Omega 3 Fatty Acids

****Choose “healthy fats” for overall good health****

- Healthy fats support fat burning and energy level during weight loss
- Sources include – fish, olive, canola and soybean oils, nuts and flaxseed oil or ground flaxseed

Protein

- Helps to feel fuller longer
- Slows down digestion/absorption of foods
- Beneficial proteins can promote healthy fat burning
- Beneficial protein sources include: beans, fish, lean cuts of beef, veal and lamb, eggs, skinless chicken and turkey, low fat cheese.

If you have certain medical conditions, you may need more or less protein. The general guidelines for the amount of protein most healthy people need are:

- Men (19 years and older): 56 grams (g) protein per day
- Women (19 years and older): 46 g protein per day
- Pregnant or nursing teenagers and women: 71 g protein per day

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Cheese Dip & Tortilla Chips

Nutritional information per serving:

Serving of chips - 1 ounce (11 chips)

Serving of cheese dip - 2 Tbsp

Calories - 200

Total fat - 13 grams

Saturated fat - 5.5 grams

Total carbohydrate - 19 grams

Dietary fiber - 1 gram

Sugars - 0 grams

Protein - 5 grams

Versus

Kay's Naturals & Guacamole

Nutritional information per serving:

Serving of Kays Naturals = 1.2 ounces

Serving of Guacamole = 2 ounces

Calories - 125

Total fat - 2.57 grams

Saturated fat - 0-1 gram

Total carbohydrate - 16 grams

Dietary fiber - 4 grams

Sugars - 1 gram

Protein - 12 grams

Kays Naturals Products

- Local product based out of Clara City, MN
- Great alternative to chips/crackers, other sweets, and Breakfast cereals
- 1 serving of Kays Products delivers:
 - 12 grams of protein (as much as 3 eggs)
 - 4 grams of fiber (as much as an apple)
 - All natural
 - Low sugar
 - Diabetes friendly
 - Trans fat free
- Kays Naturals is a gluten free option

Guacamole

- Great healthy alternative to other dips.
- Made from Avocados which provides healthy fats - both monounsaturated and polyunsaturated.
- More than 75% of the fat in avocados is considered good fats.
- Can also use as a spread on sandwiches in place of butter or mayonnaise.



Turkey Chili and Nacho Cheese Chips

Ingredients

1 lb 99% lean ground turkey
1 medium onion, chopped
2 cloves garlic, minced
6 oz canned black beans, drained
10 oz canned kidney beans, drained
10 oz canned diced tomatoes
3 cups water
1 package chili or taco seasoning
1 cup chopped zucchini

Nutritional facts per serving

Calories	276
Fat	3.7g
Carbohydrate	28.5g
Fiber	27g
Protein	8g
Sodium	475mg
Sugar	4.2g

* Above values include Kay's products

Directions

Brown 1/4 pound of turkey and drain. While still on burner, add taco/chili seasoning and stir until mixed. Add zucchini and onion heat until soft. Then add remaining ingredients and bring to a boil and reduce heat to simmer on medium heat for an hour or so. You may like to add more water depending on desired consistency. Top or serve with a 1.2 oz bag of **Kay's Chili Nacho Cheese Chips**. Makes 8, 1 cup servings.

Source: www.kaysnaturals.com



Butternut Squash Soup

Ingredients

3 cups butternut squash, cubed
1 medium onion, chopped
1/2 cup parmesan cheese, freshly grated
3/4 Tbsp sage
3 tsp olive or coconut oil
3 cloves garlic, chopped
4 cups chicken broth or favorite stock
20 sage leaves for garnish (optional)

Nutritional facts per serving

Calories	198
Fat	2.66g
Carbohydrates	18.3g
Fiber	7g
Protein	14.3g
Sodium	410mg
Sugar	9g

* Above values include Kay's products

Directions

Heat oil in large pot and add onion and garlic. Cover and cook until soft stirring occasionally. Add sage squash and broth. Increase heat to high and cook 30 minutes until tender. Mix in cheese and stir. With hand mixer or blender, puree soup until smooth. **Enjoy with a bag of Kay's White Cheddar Cheese Protein Kruncheeze.** Makes 8 servings Optional: In small skillet toast fresh sage leaves in 1 tsp. olive oil. Add as garnish to soup upon serving.

Source: www.kaysnaturals.com



Guacamole

Ingredients

3 avocados - peeled, pitted, and mashed
1 lime, juiced
1 teaspoon salt
1/2 cup diced onion
3 tablespoons chopped fresh cilantro
2 roma (plum) tomatoes, diced
1 teaspoon minced garlic
1 pinch ground cayenne pepper or chopped jalapeno (optional)

Nutritional facts per serving

Calories	125
Fat	2.57 grams
Saturated fat	0-1 gram
Carbohydrate	16 grams
Fiber	4 grams
Sugars	1 gram
Protein	12 grams

Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper or some chopped jalapenos to taste. Refrigerate 1 hour for best flavor, or serve immediately.

Crispy Baked Fish

Ingredients

4 5oz tilapia fish fillets

Breading Mixture

1/2 cup Kay's Naturals BBQ or Lemon Herb Protein Chips, ground
1/2 tsp. cayenne pepper (optional)
1 tsp salt
1 tsp onion powder
1 tsp garlic powder
1 tsp paprika
1/2 tsp thyme
1/2 tsp cayenne pepper

Liquid mixture

1/4 cup milk
1/2 tsp vinegar
1 Tbsp mustard (brown or honey)

Directions

In a separate bowl, mix dry ingredients. Dip fish fillets in liquid mixture and coat in breading. Spray broiling pan with cooking spray or brush with a little olive oil. Put fish in prepared broiling dish and place under broiler on top rack in oven. Broil 4 -5 minutes per side until cooked. Garnish with lemon wedges and greens. Serve with steamed veggies if desired. Makes 4 servings.

Nutritional facts per serving

Calories	229
Fat	5.2g
Protein	39g
Carbohydrates	5.7g
Fiber	1.4g
Sodium	480mg
Sugar	1.3g

Source: www.kaysnaturals.com

