

MODULE 2 | LESSON 2

# CLEARING UP CARB CONFUSION

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# WHAT'S YOUR FAVORITE CARB?

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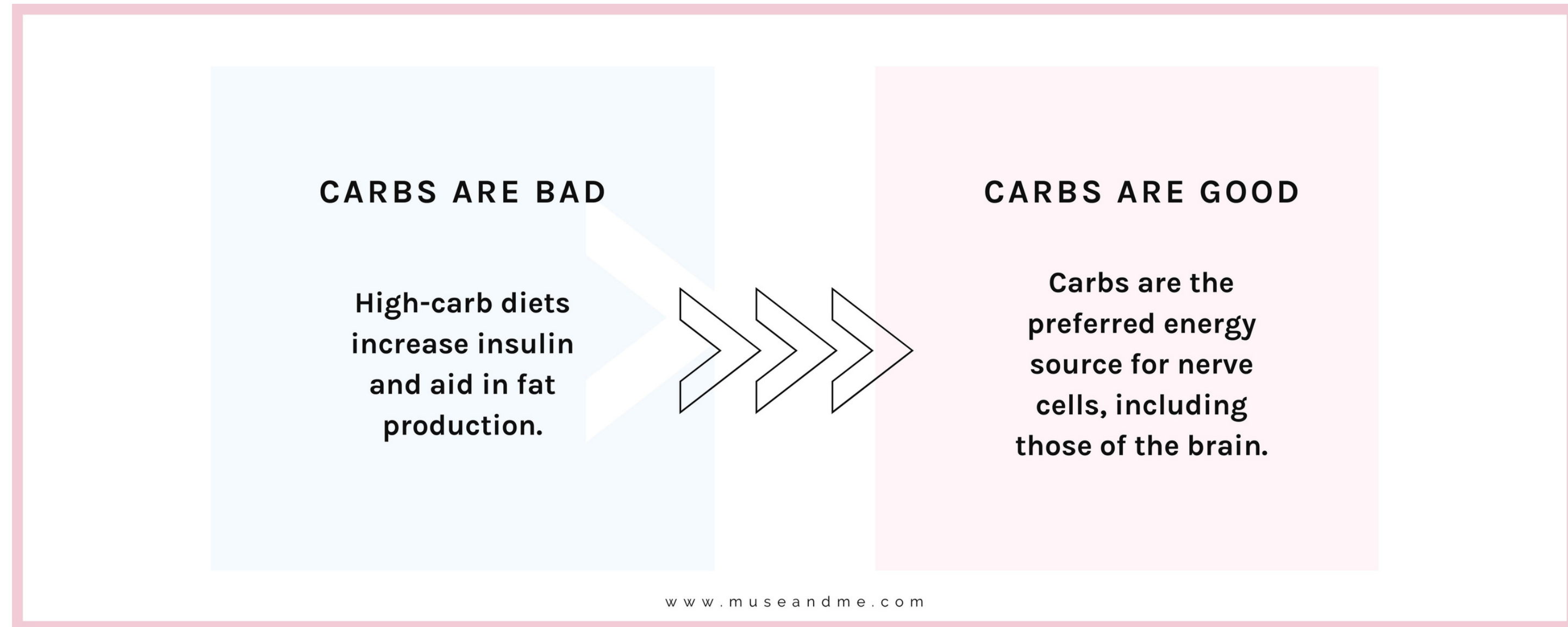
# ARE YOU LIVIN' THAT NO-CARB LIFE?

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KETO CRUSH | KATIE RODRIGUEZ



# What's the deal with carbs?



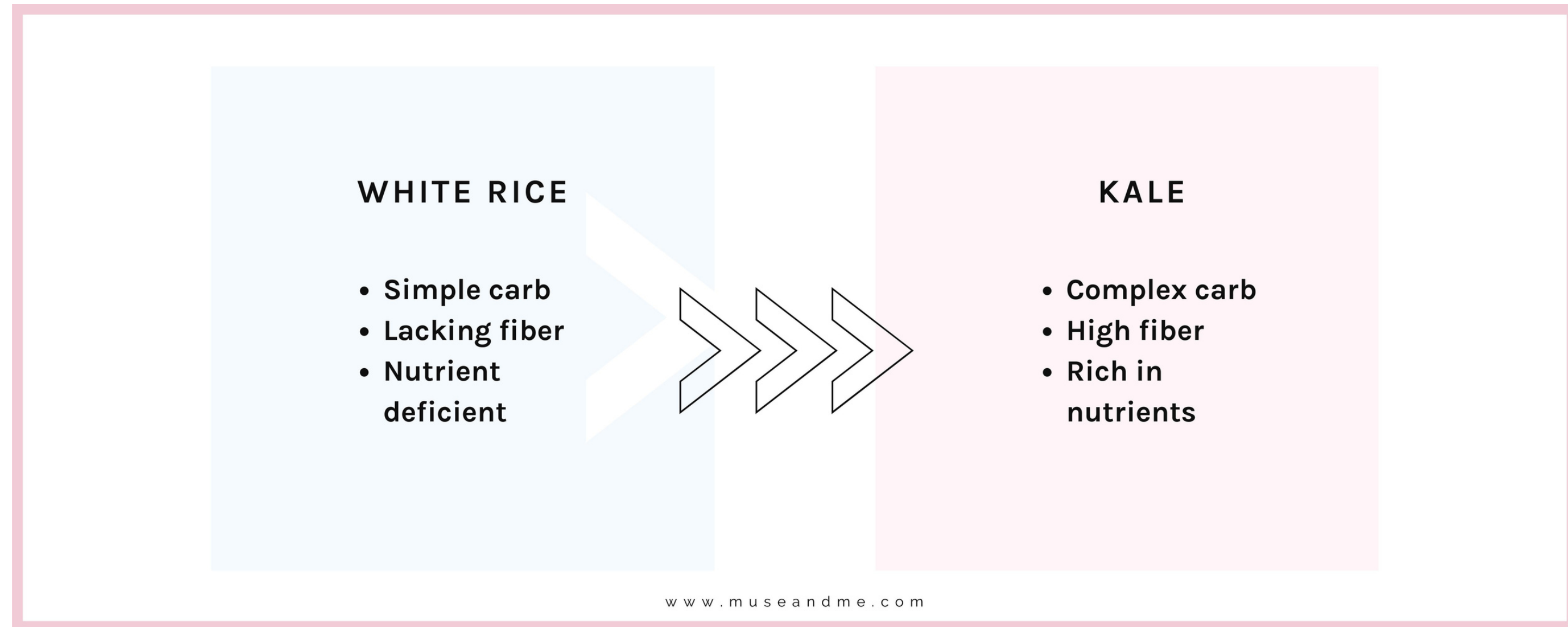


# What Are Carbs?

- Pasta
- Pastries
- Cereal
- Rice
- Bread
- Cakes
- Cookies
- Candies
- Pies
- Garlic
- Onion
- Asparagus
- Avocado
- Tomato
- Grapefruit

FRUITS AND VEGETABLES ARE  
ACTUALLY CARBOHYDRATES.

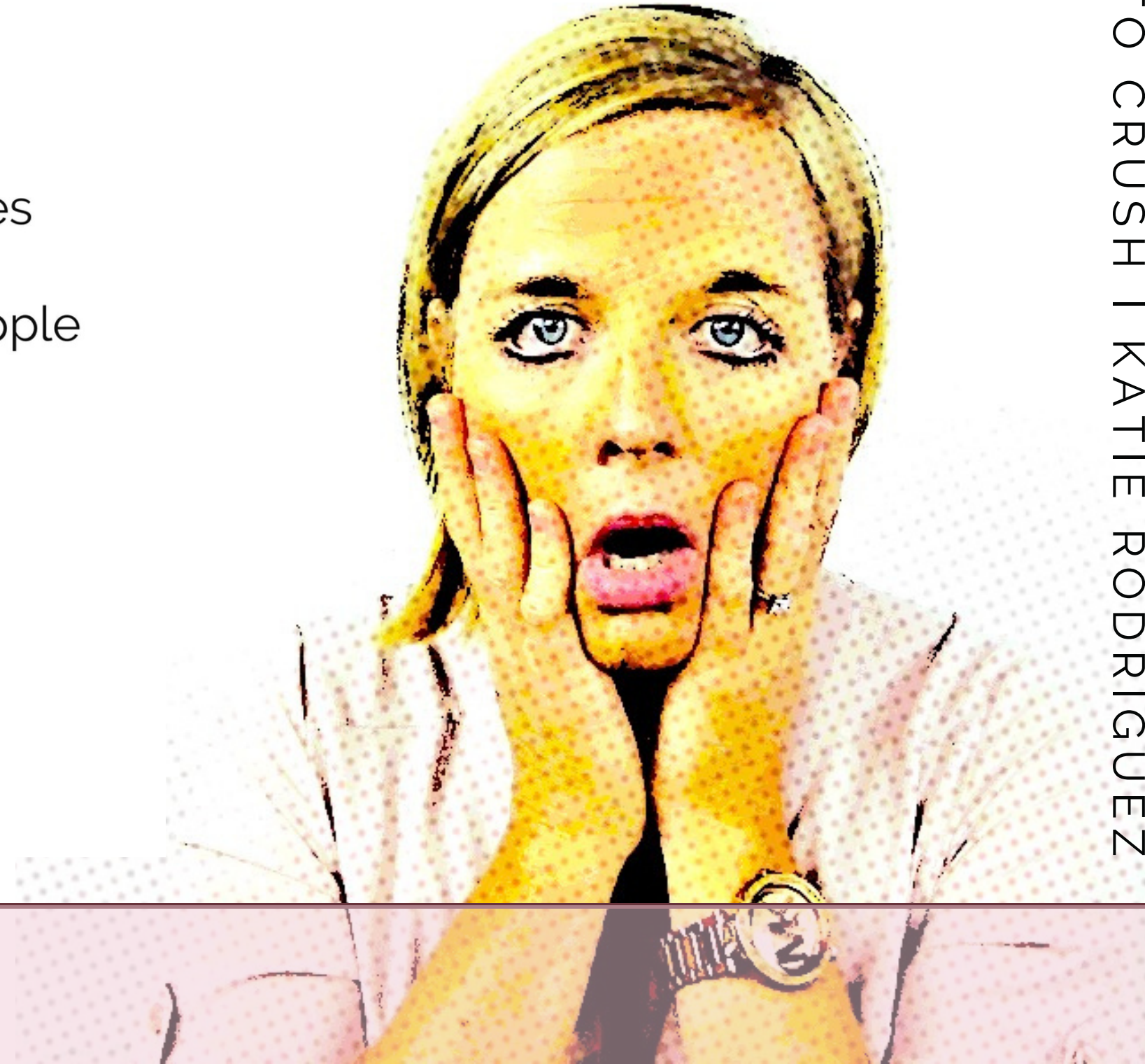
# Rice is not equivalent to kale





## AVOID SIMPLE CARBOHYDRATES

- 1 Refined white starch: bread, rice, pasta
- 2 Refined white sugar: cakes, candies, pastries
- 3 High-sugar fruit: bananas, mangoes, pineapple
- 4 Adulterated cereal products
- 5 Processed junk food
- 6 Sugary beverages





## INVITE COMPLEX CARBOHYDRATES

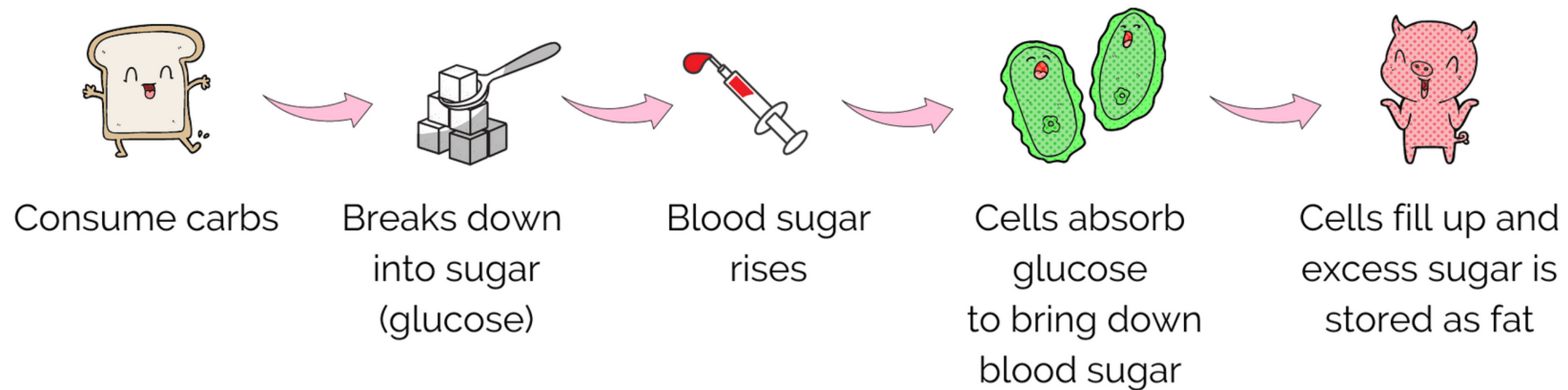
- 1 Green leafy's: kale, spinach, arugula
- 2 Cruciferous veggies: broccoli, cauliflower
- 3 Basically any green vegetables
- 4 Low-sugar fruit: lemons, limes, avocado, berries



IF COMPLEX CARBS PROVIDE US WITH  
FIBER, VITAMINS AND MINERALS, WHY  
WOULD WE LIMIT THEIR INTAKE TO  
20-30 GRAMS PER DAY?

# Carbs and blood sugar

## CARBOHYDRATE AFFECT ON BLOOD SUGAR



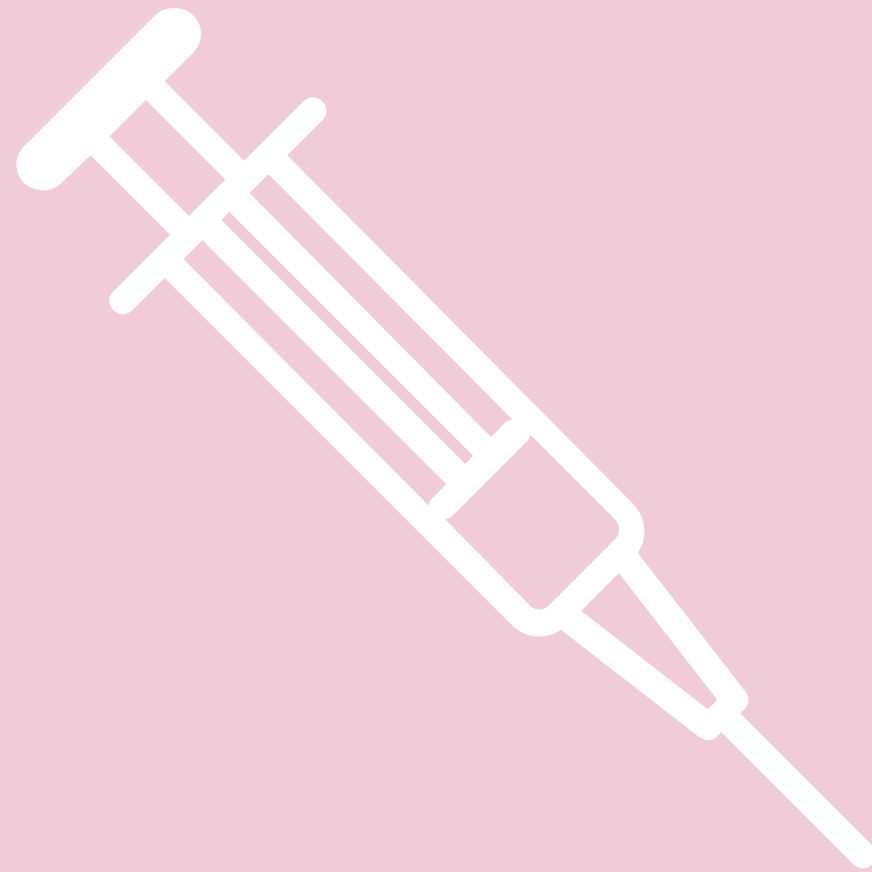
[www.museandme.com](http://www.museandme.com)





# Excess carbs cause an increase in insulin into the bloodstream.

- Cellular damage
- Plaque buildup in the arteries
- Raised triglyceride levels
- Increased risk for coronary heart disease

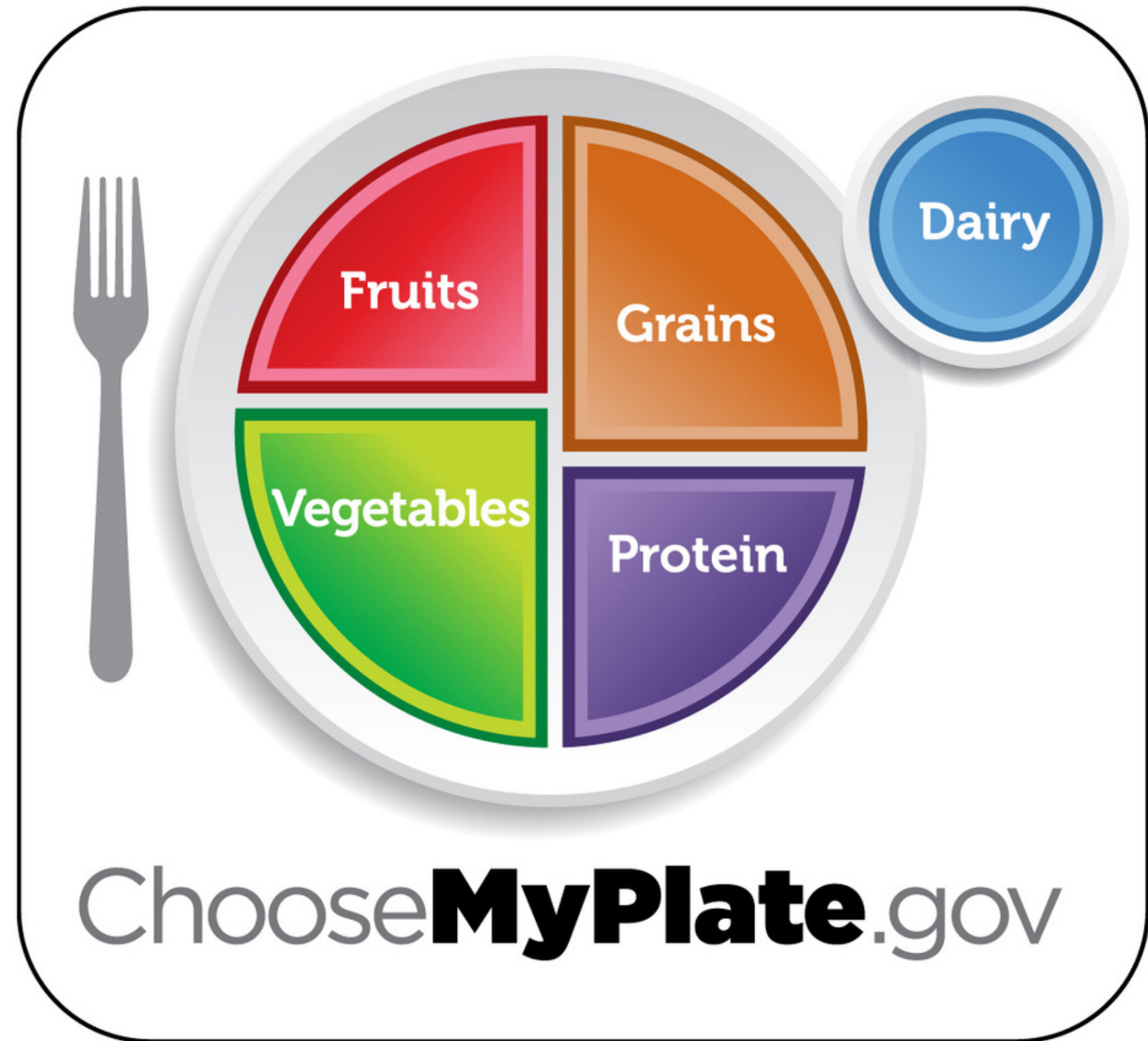


**Consistently high  
insulin levels  
cause cells to stop  
responding.**

- Type 2 diabetes
- Heart disease
- Alzheimer's
- Cancer

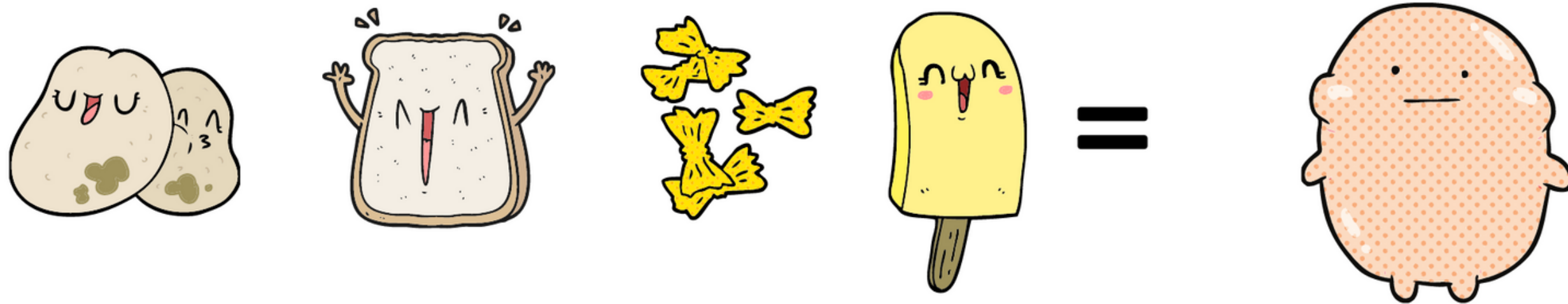
# USDA's Dietary Recommendations

Carbohydrates: 75-85%

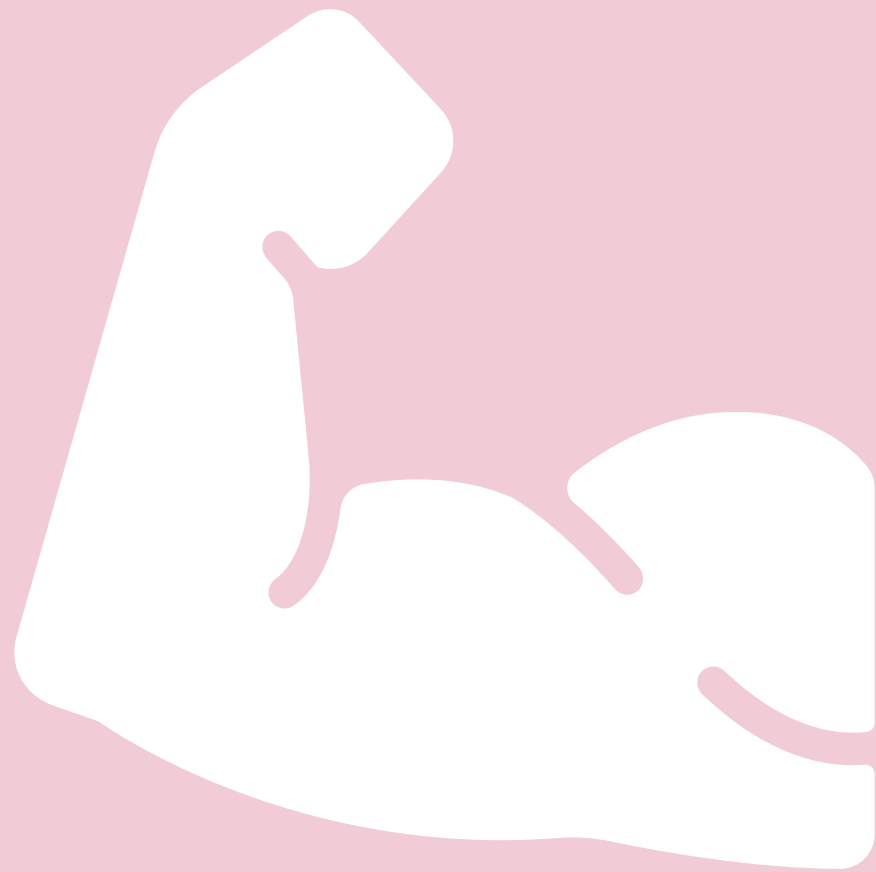




# We're eating less fat and getting fatter



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# Excess carbs are stored as glycogen

- Glycogen storage is limited
- 400-500 grams in the muscles
- 60-100 grams in the liver

EXCESS CARBS = EXCESS FAT



ANYTHING ABOVE 30G IS  
RELATIVELY EXCESSIVE



# GOAL:

## Eliminating Grains

- Bread
  - Rice
  - Pasta
  - "Healthy" whole grains
  - Breakfast foods
  - Wheat
  - Flour
  - Corn products
  - Legumes
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## Take Note:

- 1** **LEGUMES ARE FAR LESS OFFENSIVE THAN GRAINS.**
- 2** **NOTHING IS OFF THE TABLE FOR GOOD!**



# Keto-friendly Alternatives

## INSTEAD OF...

- Bagels
- Traditional pasta
- Basic pizza crust
- Rice
- Corn tortillas
- White flour
- Mashed potatoes

## TRY...

- Fathead Bagels\*
- Zucchini noodles
- Magic Mozzarella Dough\*
- Cauliflower rice
- Cheddar Cheese Tortillas\*
- Coconut or almond flour
- Cauliflower Mash\*

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YOUR CARB INTAKE SHOULD BE  
RESERVED FOR VEGETABLES AND  
THE OCCASIONAL FRUIT.



# Cheatsheet:

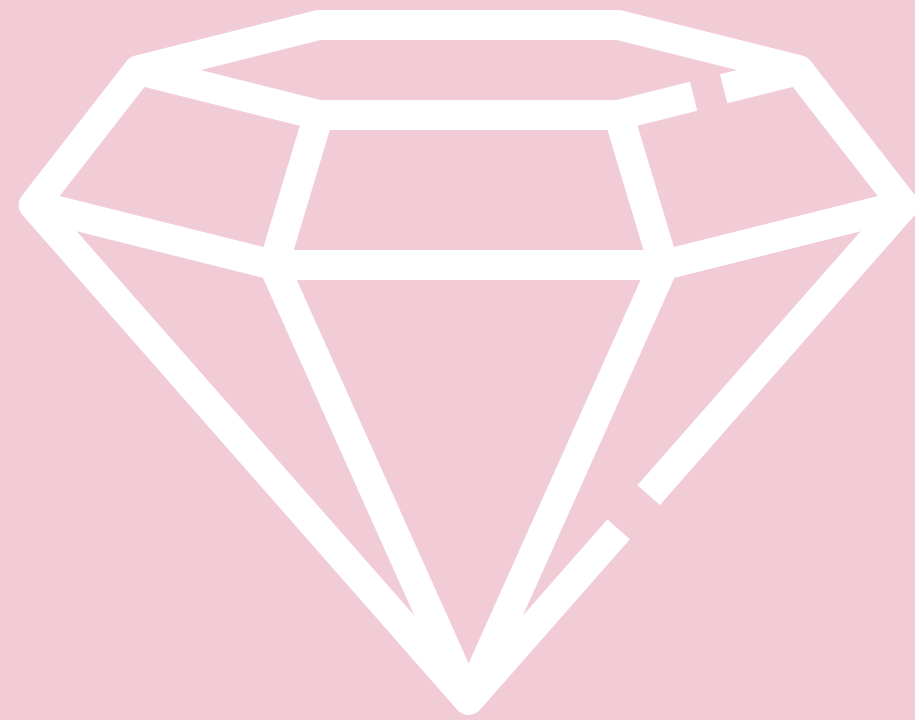
## **Which Carbs to Avoid + Which to Invite**



# Inspirational Recipes

- Cauliflower Mash
- Gypsy Salad
- Heirloom Tomato + Burrata
- Kale Caesar Salad
- Loaded Cauliflower
- Classic Wedge Salad
- Roasted Romanesco with Mint Chutney
- Strawberry + Goat Cheese Salad with Lavender Balsamic





# TAKE ACTION!

## Track Your Macros

Click on the link below for a 5-minute video tutorial on tracking your macros with Carb Manager



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