

### **Support Group Minutes 1/10/19**

- Deb Guetenterberg, RD presented on carbohydrates
- She provided all attendees a carb counting poster
- Discussion surrounding how many carbs should be eaten per meal and tracking of carbohydrates
- Group activity surrounding creating a meal plan of 5 meals in 5 minutes
- Suggestion of using liquid aminos to replace soy sauce
- Recipe.com has a food substitutions list
- Raw tomatoes have more benefits than cooked

**Updates: February 2019 support group is CANCELLED**

**March Support Group: BOWLING OUTING (3/14/19, Ashwaubenon Bowling Alley, Lanes 1-4, 6:30pm-8:30pm)**