

Tasting session

Low carb bread and dips

Bolognese with low carb pasta

- Vegetarian
- Meat (Halal)

Greek yoghurt and berries

6.45 / 30 mins

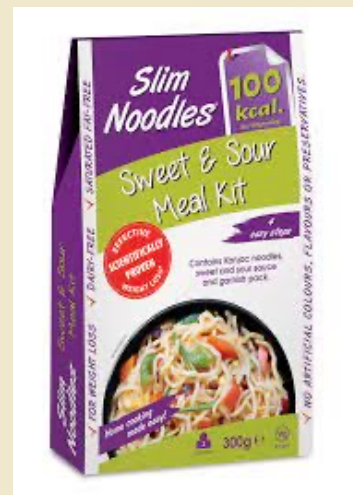


Low carb swaps for pasta

7.10 / 10 mins



Konjac noodles



Spiralised courgettes



Cabbage noodles



Try out low carb pasta

We will bring in sample packs next week for you to take home and try for yourselves



What about
all that
cholesterol?



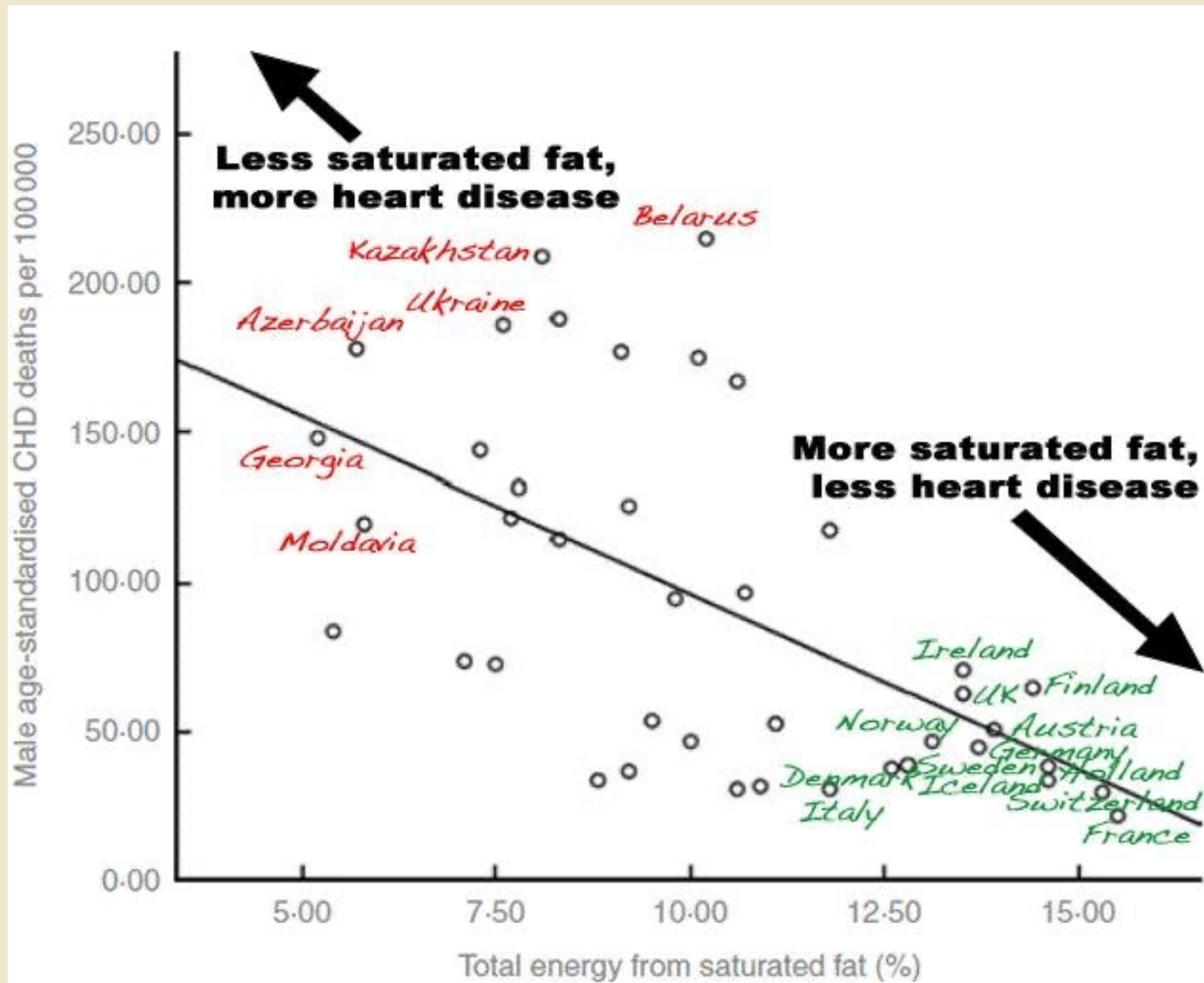


Fig. 1. Saturated fat intake and CHD mortality in Europe (1998). R^2 linear = 0.339.

The WHO's Global Health Observatory research shows that people in countries with the highest cholesterol live the longest