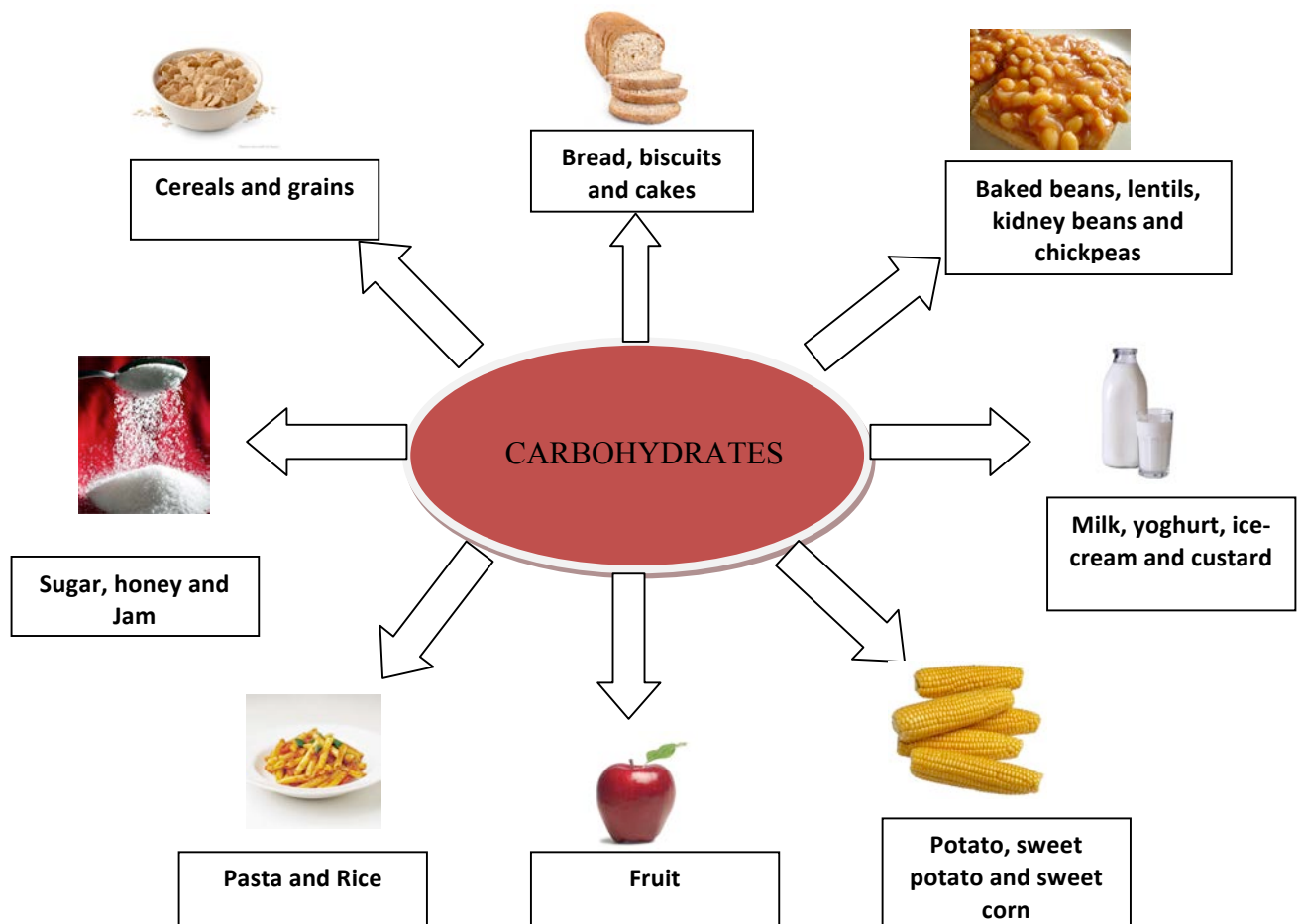


## What are Carbohydrates!

Carbohydrates are one of the major nutrients; this nutrient is the preferred fuel source. The digestive system breaks down carbohydrate containing food into simple sugars, mainly glucose. This simple sugar is then carried to each cell through the blood stream.

The pancreas secretes a hormone called insulin, which helps the glucose to migrate from the blood into the cells. Once glucose is inside a cell, it is “burned” along with oxygen to produce energy. Our muscles, brain and nervous system all rely on glucose as their main fuel to make energy. Excess glucose is converted to glycogen which is stored inside muscle tissue and liver, ready to supplement blood sugar levels if they drop between meals or during exercise.

The types of carbohydrates are varied:



## DESIGNER DIETS RECIPE OF THE

### Vegetable Stacks

Serves 4

Preparation time 10 minutes

Cooking time 10 minutes

#### Ingredients:

- 2 teaspoons dried oregano
- 1 tablespoon extra virgin olive oil
- 1 eggplant, thinly sliced
- 1 zucchini, thinly sliced
- 1 red capsicum, thinly sliced
- 200g low fat feta cheese, sliced
- 2 small tomatoes, finely chopped
- ½ teaspoon virgin olive oil, extra



#### Directions:

1. Combine oregano and ¼ cup of oil in a large bowl. Add eggplant, zucchini and capsicum and set aside to marinate for 10 minutes.
2. Preheat a chargrill pan or barbeque and grill vegetables until softened and cooked through.
3. Combine feta, tomato and extra oil in a small bowl.
4. Layer grilled vegetables on a plate, spoon tomato mixture on top and serve.

Kilojoules: 1130kJ

Protein: 15g

Total Fat: 21g

Carbohydrate: 4g

Warm regards,

**Geraldine Georgeou, Marianne Ghattas and the Designer Diet Team**