

### Presentation Data

Question	Very Useful		Mostly Useful		Not Useful		Total
Relevancy and usefulness of information presented	75.00%	54	23.61%	17	1.39%	1	72
Method/technique of presentation	68.06%	49	29.17%	21	2.78%	2	72
Overall, the topic was:	70.83%	51	27.78%	20	1.39%	1	72

### Comments

Great information!
Is there a great list that you recommend for easy list of good carbs vs. bad carbs?
Excellent!
One of the best presentations... very informative and applicable to the work we do.
I learned a lot about carbs and fiber. This was a good presentation with some great information and resources.
I loved this! I was recently looking up information about the change in diet guidelines (increase in carbs) and the correlation with the obesity epidemic
Such great information and useful to all of us in everyday life to promote health.
New ideas on weight management and chronic disease reduction. Shows importance of consuming whole foods with little processing.
Excellent presentation style and relevant information. Really liked this presentation!! Engaging!
I liked the emphasis on low carbs
He is very enthusiastic about the topic
Great info! This presentation was eye opening and shed light onto common misconceptions and the research that is out there. Thank you!
Different than ADA and American Heart View Point!!!
Good data, good info and application
Always enjoy Dr. Painter's presentations. Thanks.
very interesting information!!
Great information and visuals!
Thank you. I learned so much about Low Carb diets.
great and useful information
Dr. Painter did a great job! This was an excellent session.
good information
Loved this even though I cannot teach it.
Great information about why low fat diets do not work because people increase carbs.
good information
LOVED this presentation. Thank you for providing scientific evidence that supports a lot of misconceptions surrounding carbohydrates!
Very interesting perspective on low carb eating. In the nutrition profession, there are always challenges to keep up with current trends and current research information. Never a dull moment!
Great Information. Would love to have a copy of the PowerPoint for reference!!
Wonderful presentation with great information. I appreciated the solid research coupled with personal experience. It was refreshing to hear the history of nutrition, the mistakes and the corrections we are now making.
These presentations are getting better and better! I really enjoyed him!
Information was great! Jim is same age as myself, and I relate so much. I would love to have a sample week menu to aim for.
We teach My Plate so I don't really support low-carb or specialized diets, but he seems very knowledgeable.

### Questions for Presenter

Has research documented any side effects or risks with a low carb diets?
Do you have any sample menus on the website? I am still confused about coconut oil, and what to advise.