



Cooking Well with Diabetes

COURSE INFORMATION

Cooking Well with Diabetes is a cooking class designed to help people with diabetes and anyone that prepares food for them. This four-lesson course includes basic nutrition education to help plan meals and prepare food for people living with diabetes. Find quick dinner ideas and gain access to 25+ recipes that will help you cook well with diabetes.

Lessons include

- Recognizing carbohydrate foods
- Planning balanced and satisfying meals
- Reducing fats in recipes
- Increasing use of healthier fats
- Improving sodium & fiber content in recipes
- Celebrating holidays sensibly

Register today and learn to **cook well** with diabetes!

Registration Details

14% of Calhoun County residents have Diabetes - This program can help!

When: Noon -1:00 Tuesdays
August 23 & 30 and September 6 & 13

Where: Calhoun County Public Library
in Port Lavaca, 200 Mahan

*Free program with food samples
*Come during your lunch hour

Contact me to preregister.

*361-552-9747

karen.lyssy@ag.tamu.edu