



Cooking Well With Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them.

Sessions Include:

Carbohydrate Foods

Recognizing carbohydrate in recipes and using sweeteners effectively

Make Recipes with Fat

Better for You

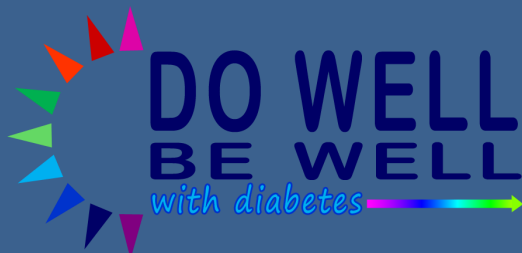
Healthy fats & fat substitutions

Double Pleasure Side Dishes

Reducing sodium and increasing fiber

Celebrating Sensibly

Special event recipes that are healthy and delicious



Cooking Well with Diabetes is a series of three, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

When:

Fridays, November 2, 9, and 16, 2018

Time:

12:00 noon to 1:00 p.m.

Where:

Parker County Extension Office
604 North Main, Weatherford

Cost:

\$20 for all three classes which includes lunch, class handouts, and recipes,

To register call:

817-598-6168

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating