

## Cooking Well with Diabetes Class

Texas A&M AgriLife Extension Service in Rains County will be offering a Cooking Well with Diabetes Class. It is a cooking school designed to help people with diabetes and anyone that prepares food for them. The class is a series of three, fun and interactive classes packed with research based information and delicious diabetes friendly recipes.

You will learn how to recognize carbohydrates in recipes and how to use sweeteners effectively. Another lesson will help you learn how to make recipes with fat better for you by using healthy fats and fat substitutions. Reducing sodium and increasing fiber in recipes and your diet will also be covered. Lastly, you will learn how to celebrate holidays sensibly by preparing special event recipes that are healthy and delicious. Each class will not only include educational information, but each participant will have the opportunity to prepare a delicious dish, receive copies of the recipe, and other promotional items.

The class series will be held on three consecutive Tuesday mornings from 9:30 a.m. to Noon. The dates are Tuesday, October 31, November 7, and November 14, 2017 at the Texas A&M AgriLife Extension Service office at 410 Tawakoni Drive in Emory. The cost for the class series is \$30.00.

You must call 903-473-4580 and pre-register for the class. Don't miss this great opportunity to help yourself or your loved ones manage their diabetes!

For more information, please feel free to contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and "Like" our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.