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Wise Notes for Consumers

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Cooking Well with Diabetes

I am excited to announce a new opportunity available through Texas A&M AgriLife Extension-Wise County. Cooking Well with Diabetes is a cooking school designed to help people with diabetes and anyone that prepares food for them. Cooking Well with Diabetes will be delivered in four Tuesday morning sessions in April from 9:30-11:30 am at the Wise County Extension Office. The classes will be packed with researched based information on management of type 2 diabetes and delicious diabetes friendly recipes.

Topics include:

- April 3- Carbohydrate Foods: Recognizing carbohydrates in recipes and using sweeteners effectively;
- April 10- Making Recipes with Fat Better for You: Healthy fats and fat substitutes;
- April 17- Double Pleasure Side Dishes: Reducing sodium and increasing fiber; and
- April 24- Celebrating Sensibly: Special event recipes that are healthy and delicious.

Following instruction, participants will get hands-on experience cooking a variety of healthy dishes and learn how to incorporate them into their meal plans.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Cost per person for the entire series is \$25 which covers the cost of class materials, recipes, and a tasting of foods prepared. Space is limited. You may register by contacting the Extension office at (940) 627-3341.

I hope you can join us for **Cooking Well with Diabetes**. It is a great opportunity to learn how to better control your blood glucose levels by eating healthful meals and snacks! If you have any questions, please feel free to call the Extension office at 940/627-3341.

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