

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 four, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

April 3, 10, 17, & 24
9:30 - 11:30 a.m.

Wise County Extension Office
206 S. State St. in Decatur

\$25 for all 4 classes which includes class material, recipes and food samples.

Call the Wise County Extension office at 940-627-3341 to reserve your spot. Seating is limited.

<http://wise.agrilife.org>



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