



# Cooking Well with Diabetes

**No Cost to Attend!**

## COURSE INFORMATION

Cooking Well with Diabetes is a self-paced 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.

### Lessons include

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

### Lessons will also include

- ◆ Recipes
- ◆ Food samples
- ◆ Door prizes

### Class Information

The four-lesson course will be held at Ed & Hazel Public Library located 110 N. Lamont Street in Aransas Pass. Classes will be held at 2:00pm on April 11, 18, 25, and May 2, 2022.

#### To preregister contact

Kathy Farrow, CEA-FCH  
Texas A&M AgriLife Extension  
San Patricio County  
361-587-3400  
k-farrow@tamu.edu

Ed & Hazel Richmond  
Public Library  
110 N. Lamont Street  
Aransas Pass, TX  
361-758-2350

Preregister today and learn to  
cook well with diabetes!

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HEALTHY SOUTH TEXAS