



# Cooking Well with Diabetes

## COURSE INFORMATION

**FREE**

Cooking Well with Diabetes is a 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. Find quick dinner ideas and gain access to 25+ recipes that will help you cook well 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 recipes
- Celebrating holidays sensibly

Register today and learn to **cook well** with diabetes!

### > Registration Details

Hands on Cooking Class  
FREE!!

WHEN:

May 11th 9-11 am

May 18th 9-11 am

May 25th 9-11 am

June 1st 9-11 am

WHERE: Healthy South Texas Clinic  
100 Medical Dr. Lake Jackson

RSVP: 979-864-1558