



Cooking Well with Diabetes

VIRTUAL EDITION

COURSE INFORMATION

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

Enroll today and learn to
cook well with diabetes!

> Registration Details