

Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them

Saturday, July 22, 2017

Carbohydrate Foods: Recognizing carbohydrate in recipes and using sweeteners effectively

Make Recipes with Fat Better for You: Healthy fats & fat substitutions

Saturday, July 29, 2017

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 two, fun, interactive classes packed with research based information and delicious diabetes friendly recipes demonstrations and tastings.

For more information or to register contact
Jheri-Lynn McSwain, Shelby County
Extension Agent at 936-598-7744 or
jlmcswain@ag.tamu.edu

Cost: \$20 total for both classes

Includes all materials, food demo tastings and lunch.

Time: 9:30 am – 12:30 pm

Location: 266 Nacogdoches St., Center, TX

Sponsor: Nacogdoches Medical Center



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