

Cooking Well with Diabetes



HEALTHY TEXAS

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



Topics 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 three, hands-on classes packed with research based information and delicious diabetes friendly recipes.

- Jan 31st, Feb 7th, & Feb 14th at 2-4 pm
- Texas A&M AgriLife Extension office at 2201 S Medford Dr in Lufkin.
- \$40 per person for all three sessions

Space is limited. For more info or to register:
936-634-6414 or joel.redus@ag.tamu.edu
<https://angelina.agrilife.org/>



**DO WELL
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

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