

Cooking Well with Diabetes

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



Sessions 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 four, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

January 16, 2019 @ 1:30pm ~ Lesson 1: Carbohydrate Foods

January 23, 2019 @ 1:30pm ~ Lesson 2: Make Recipes with Fat Better for You

January 30, 2019 @ 1:30pm ~ Lesson 3: Double Pleasure Side Dishes

February 6, 2019 @ 1:30pm ~ Lesson 4: Celebrating Sensibly

All classes will be held at:

Bulverde Spring Branch Activity Center

30280 Cougar Bend

Bulverde, TX 78163

(830) 438-3111

Please RSVP to Bulverde Spring Branch Activity Center @ 830-438-3111.

There is a fee of \$10 for all four classes.

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