

Cooking Well with Diabetes

No Charge
for Class!

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

For More Information
Call the Kaufman County Extension Office
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Topics Covered:

Month 1 -Carbohydrate Foods

Recognizing carbohydrate in recipes
and using sweeteners effectively

Month 1 - Recipes with Fat - Better for You

Healthy fats & fat substitutions

Month 2 - Side Dishes

Reducing sodium and
increasing fiber

Month 2 -Celebration

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.

Saturday, January 19, 2019 10:00am
Saturday, February 16, 2019 10:00am
Texas Health Presbyterian Hospital
Basement Conference Room A
No Charge for Classes
Special gift if you attend both weeks!

<http://agriflifeextension.tamu.edu>



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