



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

On-Line Dining with Diabetes



Following a careful meal plan is the first step in managing diabetes and keeping blood sugars in a therapeutic range. This is also the hardest step in diabetes management. ***Dining With Diabetes*** helps by teaching persons with diabetes ways to reduce sugar, salt and fat in foods, without giving up good taste.

The program is designed for people with diabetes and their family members. The five-class series includes diabetes education, cooking demonstrations and knowledge about how to manage diabetes in their daily lives.

Class Topics:

- Class 1 – Diabetes Basics
- Class 2 – Carbohydrates and Meal Planning
- Class 3 – Fats and Sodium
- Class 4 – Vitamins, Minerals and Putting It All Together
- Class 5 – Seasonal Reunion

People with diabetes and their family members, caregivers and support persons can enroll in ***Dining With Diabetes***. These classes are designed to complement, not replace, diabetes management classes.

Trainings will be held remotely via ZOOM on October 5, 12, 26 and November 2 from 12-2 pm.

Please register by September 30, 2020: <https://www.pcsreg.com/falldining-with-diabetes-on-line>

* If you are using your voucher from the State of Delaware Diabetes Prevention Program, please have the voucher number ready when registering.