



## Cooking Class Series

### Class Options:

**March 8 & 22**

**May 10 & 24**

**July 12 & 26**

**Oct. 11 & 25**

**Mondays**

**11:00 a.m.**

**to 1:30 p.m.**

**(Lunch Included)**

# DeKalb Memorial Hospital

1316 East 7th Street • Auburn, Indiana

Do you or someone you live with have Diabetes? Are you looking for recipes and ideas that taste good and fit into your diabetic diet? Each Monday session includes lunch, educational materials and recipes.

#### Day 1:

- **What is Diabetes?**
- **Desserts** Carbs & Sweeteners

#### Day 2:

- **Main Dishes** Fats & Sodium
- **Side Dishes** Vitamins & Fiber

### DWD WORKSHOP LEADERS:

*Ann Williams, CFS Educator*

Purdue University Extension, DeKalb County

*Vickie Faux, RN CDE*

*Rhonda Walton, RD CD*

Diabetes Education Services, DeKalb Memorial Hospital

**Purdue Extension**

**Knowledge to Go**

**DeKalb County**

Registration deadline Monday before first class date!

**REGISTER EARLY -- CLASS SIZE IS LIMITED!**

**REGISTRATION FEE:** \$25.00 (per person) or \$40.00 (per couple). Full rebates available for persons 60 years and over (after completing the program) from Aging & In-Home Services of Northeast Indiana. Call (260) 925-2562 for more information.

It is the policy of the Purdue Cooperative Extension Service, that all persons shall have equal opportunity and access to the programs and facilities without regard to race, color, sex, religion, national origin, age marital status, parental status, sexual orientation, or disability. Purdue University is an Affirmative Action Employer. If you have special needs, please indicate at time of registration or call us prior to first class at 260-925-2562.

Diabetes is a very serious and costly disease, but research has shown that those who learn to manage their blood glucose (sugar) levels, eat a healthy diet and exercise regularly can lower their risks of complications and lead a healthier and more productive life.

The sessions focus on the impact of diabetes on the lifestyles of the those with diabetes and those around them. Discussion will include different components of a healthy lifestyle with examples of cooking techniques and healthier versions of familiar foods. Classes will be held at the DeKalb Memorial Hospital.

Full rebates are available through Aging & In-Home Services for individuals 60 years and older (after completing the program).



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Purdue Extension DeKalb County

**Vickie Faux, RN CDE**

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Diabetes Education Services at  
DeKalb Memorial Hospital

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**Purdue University Cooperative  
Extension—DeKalb County**

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**Purdue University  
Cooperative  
Extension**

**DeKalb Memorial  
Hospital**



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## Dining With Diabetes



### The **Dining With Diabetes**

program is a positive and proactive approach in reducing the effects of diabetes. It is

open to anyone with Type II diabetes, their family members or caretakers.

The **Dining With Diabetes** curriculum reflects current advances in diabetes nutrition education and the benefits of physical activity in today's busy lifestyle.

Sessions provide encouragement for self-management and self-efficacy skills.

Recipes utilized throughout the program emphasize how to prepare meals that are healthy and use less fat, sodium and sugar without cutting taste.

Physical activity information for adults with Type II Diabetes shows how important it can be for people with a chronic disease to be active.

### Program Objectives

- Participants will be able to make healthy food choices that assist in good glucose control.
- Participants will be able to prepare easy, tasty and healthy versions of familiar foods.
- Participants will be able to have a clearer understanding of the importance of a good nutritional diet, physical activity, and diabetic medications to control blood glucose.

### Program Sessions Include:

#### What is Diabetes? - Snacks

- Focuses on the clinical aspects of keeping diabetes in control including types of tests, target test values, and the importance of these clinical tests to control ones blood sugar. Healthy snacks will be identified.

#### Carbohydrates and Sweeteners - Special Occasions and Desserts

- Identifies the types of foods that contain carbohydrates, how to utilize the food label to identify the amount of carbohydrate in the food and the variety and use of sweeteners one can use in food preparation.

#### Fats and Sodium - Main Dishes

- Emphasizes the importance and the how-to of eating a heart healthy diet since diabetics have twice the risk of heart attacks and four times the risk of stroke as people without diabetes. Focus is on reducing total fat, especially saturated and trans fat and sodium.

#### Vitamins and Fiber - Side Dishes

- Identifies ways to incorporate fruits and vegetables into an eating plan to prevent and control diabetes.

**Physical activity guidelines are addressed within each session also.**

**Dining With Diabetes** is a two-session educational program with a follow-up session. Participants are expected to attend both sessions. Each Monday class includes lunch, educational materials and recipes.

**Registration deadline is Monday prior to the first date of class.**

**Individual registration: \$25.00**

**Couple registration: \$40.00**

Full rebates are available through Aging & In-Home Services for individuals 60 years and older (after completing the program).

Contact Purdue Extension - DeKalb Co. Office at (260) 925-2562 with any questions you may have. Return the enclosed registration form and fee to the address shown.

