

Dining

with Diabetes

Contact Us

COFFEY COUNTY

April 3, 10, 17, 24 6-8 p.m.

Basement Meeting Rooms & Kitchen

Coffey County Courthouse

\$25 program fee

Register by March 28 with the Extension Office

620-364-5313 coffey.ksu.edu

Instructors:

Clarissa Sents, Extension Agent, csents@ksu.edu

Antonia Ahlgrim, RDN, LD, Coffey County Hospital

Family and Consumer Sciences

Extension Food, Nutrition, Dietetics and Health

785-532-5782

Website: k-state.edu/diningwithdiabetes

Photos by Bailey Ritchie

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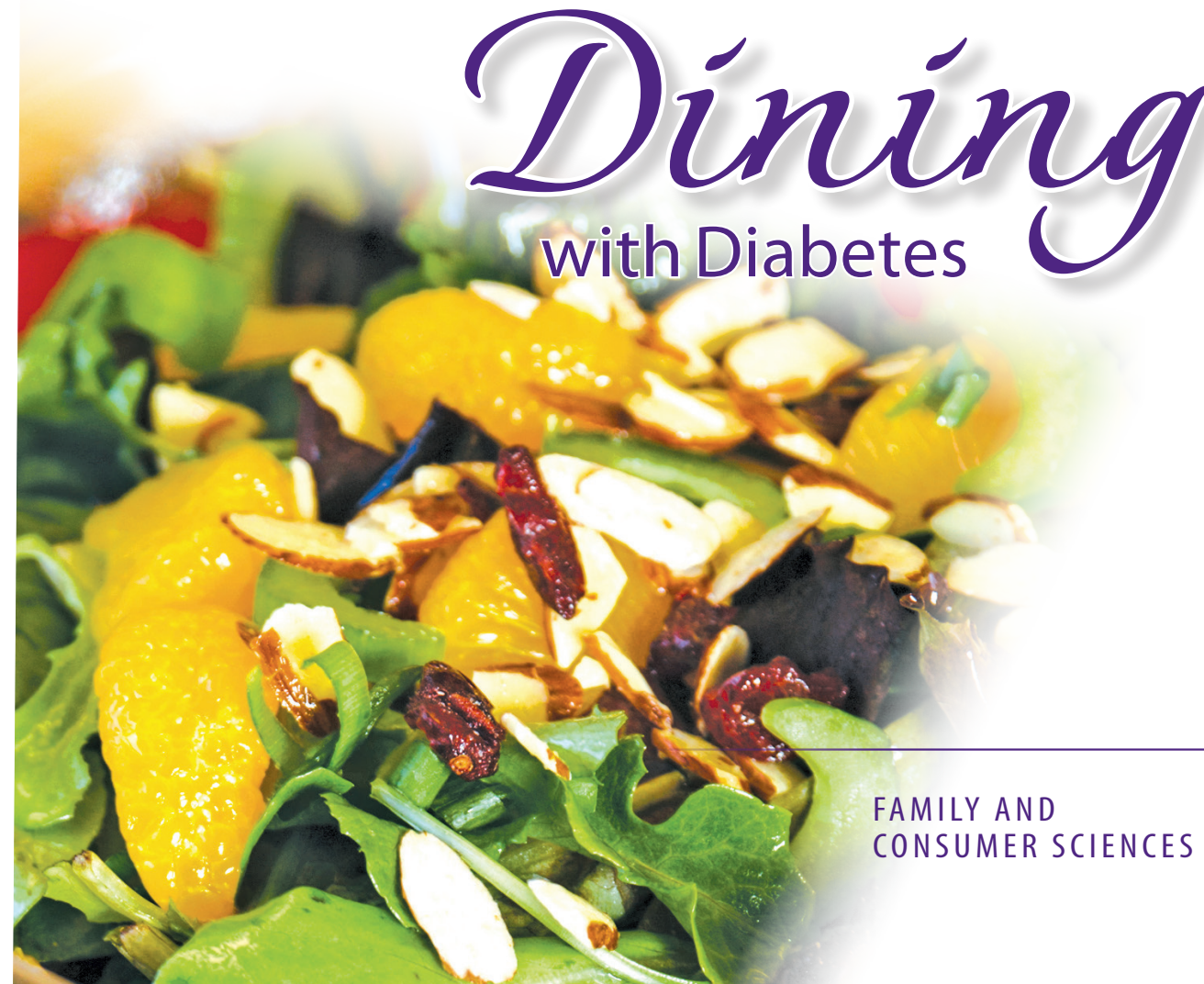
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- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

Dining

with Diabetes



FAMILY AND
CONSUMER SCIENCES

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Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

Spinach Lasagna



Chocolate Mousse Pie

You will learn about:

- reading food labels
- using a variety of sweeteners
- using seasoning to replace salt
- the role of fiber in the diet
- the difference between various types of fat
- the importance of exercise
- setting personal goals to manage your diabetes

... and more!

Participants say ...

- *“Get the word out about this program. This is a must for people with diabetes.”*
- *“Being able to taste the food and see how easily it was prepared, and then getting the recipes was great.”*

About the program

Dining with Diabetes consists of four sessions and a follow-up. Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate. Individualized meal plans or guidance will not be provided.

Orange-Almond Salad



Learn new ways to make the foods you love!

Dining with Diabetes will show you how easy it is to prepare delicious and healthy recipes for you and your family. Get started now with this sample recipe.

Orange-Almond Salad

Ingredients

- 3 cups assorted salad greens
- 2 navel oranges, peeled and sectioned
- ½ cup celery, thinly chopped
- 2 tablespoons green onion, chopped
- ¼ cup cider vinegar
- ¼ cup Splenda®
- 2 teaspoons olive or canola oil
- ¼ cup toasted slivered almonds
- ¼ cup Ocean Spray Craisins® (*optional; not in nutrition information*)

Directions

1. Combine salad greens, orange sections, celery, and green onion in a large bowl.
2. Combine vinegar, Splenda®, and oil in a small mixing bowl; whisk until well blended, and drizzle over greens immediately before serving.
3. Garnish with toasted slivered almonds and Craisins®, and serve.

Serving size: 1½ cups

Servings: 4

Nutrition information:

Per Serving: Calories 110, Total Fat 6g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 14g (Dietary Fiber 4g, Sugars 8g), Protein 3g

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