

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

WE CAN HELP...

Dining

with Diabetes

FAMILY AND CONSUMER SCIENCES

Date:

Time:

Location:

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

For more information visit
k-state.edu/diningwithdiabetes

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service.
K-State Research and Extension is an equal opportunity provider and employer