

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

WE CAN HELP...

Dining

with Diabetes



DATES, TIMES:

LOCATION:

COST:

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

- *Dining with Diabetes* consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

Week 1 — What is diabetes? / Snacks & appetizers

Week 2 — Carbs & sweeteners / Desserts

Week 3 — Fats & sodium / Main dishes

Week 4 — Putting it all together! / Side dishes



Extension - Health and
Human Sciences

For more information, visit
<http://www.purdue.edu/hhs/extension/dwd>