

A person with diabetes can better control the disease and delay the onset of complications by choosing a healthier lifestyle. *Dining with Diabetes* was offered to diabetics, their caregivers and individuals hoping to learn more about healthier lifestyle choices. After the three weekly sessions, participants were using healthier cooking techniques and planning meals with healthier food choices. One participant reported taking control of her health. After checking her health plan coverage, she made an appointment with a diabetes educator and a registered dietician to better manage her diabetes.

PURDUE EXTENSION

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