

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Please return form to Trafalgar Library, 424 Tower Street., Trafalgar, IN 46181; Phone: 317-878-9560. If you have questions for the instructor of the course, please call or email: 317-736-3724, lsouchon@purdue.edu

**Dining with Diabetes**  
Part of the Consumer & Family Sciences College—Purdue University

**Johnson County Dining with Diabetes**

When: Tuesday, Sept 29, Oct 6, 13, & 20, 2009  
Time: 6:00 PM—8:00 PM  
Where: Trafalgar Library  
424 Tower Street, Trafalgar, IN  
Cost: \$20/person or \$30/couple  
Reservations requested by Sept. 22; call 317-878-9560; need 10 reservations to conduct program. Thanks!



New 3/09

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*A Cooking School For People with Diabetes and Their Families*

Purdue Consumer & Family Sciences



**A Critical Issue**

Diabetes continues to be a major health and financial concern that affects approximately 8.1% of Indiana citizens plus an estimated 3% who are undiagnosed.

Diabetes mellitus is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.

The average yearly health care cost for a person with diabetes in the US is two and one-half times that of a person without diabetes.

Diabetes is the sixth leading cause of death in Indiana overall. If left uncontrolled, major health complications result such as heart disease, stroke, neuropathy, blindness and kidney failure and limb amputations.



# Purdue Extension Consumer & Family Sciences



The **Dining with Diabetes** program is open to anyone with Type II diabetes, their family members or caretakers. The classes are typically taught in a four week series, offering one class per week; although the format may vary to best meet the needs of your community.

Classes are designed to provide tools for self-management of this chronic disease. The program involves food demonstrations, food tasting, and active participation in learning self management skills and techniques.

The curriculum reflects current advances in diabetes nutritional education and takes into consideration today's busy lifestyle. Recipes emphasizes how to prepare meals that are healthy and use less fat, salt and sugar without cutting taste.

## 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 and interaction of a good nutritional diet, physical activity, and diabetic medications to control blood glucose.



## Program Delivery:

Purdue Extension Educators conduct the Dining with Diabetes Cooking School in community centers, schools, churches, libraries, hospitals or agencies. To locate the program closest to you, call Purdue Extension

at 1 888-EXT-INFO and ask for your county Extension office. Purdue University will connect you with your local or a neighboring Purdue Extension Office that can direct you to a Consumer & Family Science Extension Educator.

## Program Sessions Include:

### *What is Diabetes? Snack Alternatives*

- Focuses on the clinical aspects of keeping diabetes in control including types of tests, target test values, the importance of these clinical tests and the recommended frequency of the test to control ones blood sugar.

### *Special Occasions and Desserts – Looking at Sweeteners and Carbohydrates*

- 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

### *Main Dishes – Looking at Fats and Sodium*

- Emphasizes the importance and how to's 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.



### *Side Dishes – Looking at Vitamins and Fiber*

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

*Dining with Diabetes* is a four part educational program. Participants are expected to attend all sessions. The program fee for the educational series, which includes one notebook and set of handouts varies. Contact the Purdue Extension—Johnson County Office at 317-736-3724 or 317-738-5886 Ext 723 for further information on the cooking school.