

TEXAS A&M
AGRI LIFE
EXTENSION

Diabetes Cooking School

Cooking Well
with Diabetes



Learn how to reduce sugar, salt, fat and increase fiber in prepared meals and snacks.

Oct 30th and Nov 6th
Time: 10am-12pm



Call 903-935-8414 by Oct 23rd to RSVP.

Will cover the following topics:

- Identify the special cooking properties of sugars
- Be able to reduce, eliminate or substitute ingredients in recipes to reduce the sugar content
- Making recipes with fat better for You
- Double-Pleasure side dishes

Classes will be held at the Waskom Library, 103 Waskom Ave, Waskom, TX