

- 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



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<http://www.purdue.edu/hhs/extension/dwd>