



What is Dining with Diabetes?

Dining with Diabetes is an Extension health and wellness program that consists of a series of three to four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

Program Objectives

- Increase knowledge about healthy foods
- Present healthy versions of familiar foods and taste testing of recipes
- Demonstrate new cooking techniques
- Provide basic information regarding diabetes and nutrition
- Provide opportunities for sharing and learning from one another and from diabetes health professionals

Program Description

Dining with Diabetes is a national extension program that consists of three to four 1 – 1 ½ hour classes which are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

Who can participate?

Anyone is welcome to participate but the program is designed for people with diabetes and their family members, caregivers, and support persons. Often people with a family history of diabetes participate in the program as an attempt to prevent diabetes.

For information on future classes contact:

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