

Cooking for Better Health: Diabetes-Friendly Cooking Series



This program brings patients together in a community kitchen setting to learn how to improve their blood sugar through good nutrition and healthy cooking. Participants learn about different nutrition topics related to blood sugar control. New diabetes-friendly recipes are featured each week, and everyone in the class gets a taste of the delicious final products. Patients tell us they have loved learning in an active, hands-on environment, and have found the recipes very easy to follow.

- After the group, 85% of participants felt more confident trying new foods.
- Patients report they are better able to improve blood sugar through good food choices.
- By the third (final) session, over 80% of participants surveyed had tried one of the demonstrated recipes at home.
- Of the participants reached for follow up one month after one of our groups, 100% stated that they had changed the way they cook because they participated.

