



PRACTICAL NUTRITION and COOKING CLASSES

Translate what you have learned in your Diabetes education
into practical skills for everyday life

Class A

Thu., May 21, 2009. 1 - 3 pm

Meal Planning

- ◆ Label Reading
- ◆ Stocking your pantry, freezer and refrigerator
- ◆ Practical skills for weekly menu planning

Menu Examples:

Albondigas (Meatballs) Soup
Smoked Turkey Lentil Stew
Chicken Kebabs
Stir-fry Vege & Noodles with Beef



Class C

Thu., June 18, 2009. 1 - 3 pm

Smart Snacking

- ◆ What is a diabetes-friendly healthy snack ?
- ◆ Easy snack foods

Menu Examples:

Mushroom Muffin Pizza
Granola
Blueberry Oat Muffins
Spiced Nut Mix

All Classes will be at the
Diabetes Society
1165 Lincoln Avenue, Suite 300
San Jose, CA 95125

A materials fee of \$10.00 per participant will be payable at time of registration

SPACE IS LIMITED, SO SIGN UP EARLY

(408) 287-3785