The participants learned to manage diabetes for themselves or a family member through nutrition education.

Participants learned more about non-starchy vegetables and healthy fats.

They also learned to prepare healthy, well-balanced meals that taste good!

**100% OF PARTICIPANTS REPORTED THEY LEARNED TO READ AND UNDERSTAND FOOD LABELS AND CHOOSE DIABETES-FRIENDLY RECIPES.**

98% learned strategies to modify or substitute foods to make their meals healthier

96% are now eating 3-5 fruits & vegetables daily

93% are eating smaller portions

89% are cooking more meals at home

88% are choosing beverages with less sugar

Healthy behaviors by the end of the program

Participants had this to say following the class:

“I really enjoyed this class and would love to attend another.”

“I’m more aware of food labels and am paying much more attention to them.”

“The “trick” to reading labels was very helpful.”