

Order Right Bite Today

The Right Bite Diabetes Cooking School is a fun way to learn how to enjoy delicious food that is prepared with less fat, sugar and sodium. Managing diabetes and other chronic diseases doesn't have to be boring or tasteless.



Healthy eating begins with the best ingredients selected with care and love.



**The University of Georgia
Cooperative Extension**

Room 202 Hoke Smith Annex
300 Carlton Street
Athens, GA 30602

Phone: 706-542-3773
Fax: 706-542-1979
E-mail: ccrawley@uga.edu



The University of Georgia
Cooperative Extension

Learning for Life

The Right Bite Diabetes Cooking School



Tel: 706-542-3773



A Diabetes Meal Plan Can Be Delicious

Since 1996, the Right Bite Diabetes Cooking School has been showing people affected by diabetes how to enjoy healthy food while controlling their diabetes.



Fruits and Vegetables are Key to Good Health.

The 2010 edition adds even more information that will help anyone preparing food to control diabetes, high blood pressure or any other

chronic disease. The new lessons cover

- Portion control,
- Label reading,
- Use of various sweeteners,
- Choosing carbohydrate wisely,
- Increasing fiber,
- Choosing the right fats and
- Control of high blood pressure.

The lessons include Power Points, detailed scripts, colorful handouts, simple evaluation tools and over 75 delicious recipes.

Designed for Extension Agents or Health Care Professionals

The curriculum is designed to be presented by Extension agents trained in diabetes meal planning or health care professionals comfortable with food preparation and nutrition. The lessons can be offered as a series of three to six lessons over a few weeks or months. Some individuals with diabetes who want to learn more about healthy food preparation also have purchased the curriculum.

Right Bite received the Creative Nutrition Education Award from the Diabetes Care and Education Practice Group of the American Dietetic



Spices and herbs enhance the favor of healthy food.

Association and 2nd Place in the Southern Region for Education Curriculum Packages from the National Extension Association of Family and Consumer Sciences.

It's all on one CD for one low price of \$15!

To order your CD, send a check for \$15 per CD made out to the University of Georgia Cooperative Extension. Sorry we do not take credit cards or purchase orders.

Your Name:

Your Address:

Your City, State and Zip Code:

Your email :

Your phone:

Send to Connie Crawley, MS, RD at the address below. Thanks.

The University of Georgia Cooperative Extension

Room 202 Hoke Smith Annex
300 Carlton Street
Athens, GA 30602

Phone: 706-542-3773
Fax: 706-542-1979
E-mail: ccrawley@uga.edu