

## 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 and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/  
Affirmative Action Organization**

**Committed to a Diverse Work Force**



**The University of Georgia  
Cooperative Extension**

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

Phone: 706-542-3773  
Fax: 706-542-1929  
Email: [alisoncberg@uga.edu](mailto:alisoncberg@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. The newest edition adds more information to help anyone preparing food to control diabetes or any other chronic disease.



**Fruits and Vegetables are Key to Good Health.**

healthy food while controlling their diabetes. The newest edition adds more information to help anyone preparing food to control diabetes or any other chronic disease.

The lessons cover

- Modifying Favorite Recipes
- 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 eight 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 Association and 2nd



**Spices and herbs enhance the favor of healthy food.**

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 Alison C. Berg, PhD, RDN, LD 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: 706-542-1929

Email: [alisonberg@uga.edu](mailto:alisonberg@uga.edu)