

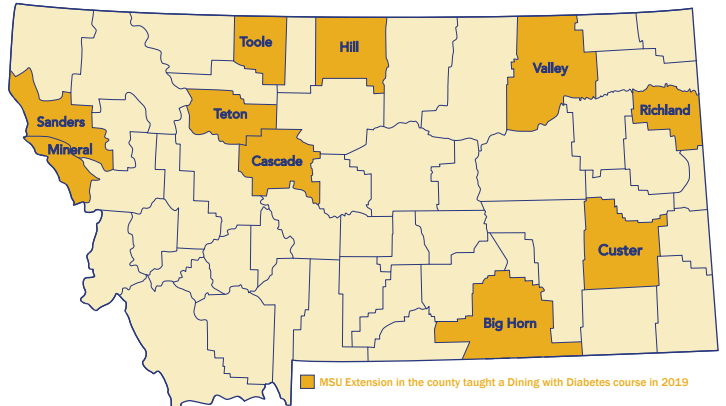
# 2019 DINING WITH DIABETES

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!

**92** Montanans in rural communities participated in this pilot program



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

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160g	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	40%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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."*

Healthy behaviors by the end of the program

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**



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Dining with Diabetes is a National Extension program

For more information on this and other MSU Extension programs visit <http://nutrition.msuextension.org>