

## Virtual Program Series

Nov. 24, 2020 6 - 7:30 PM

Dec. 1, 2020 6 - 7:30 PM

Dec. 8, 2020 6 - 7:30 PM

Dec. 15, 2020 6 - 7:30 PM

Reunion in  
March!

## Contact Us

### For more information:

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### For registration:

[https://go.umd.edu/DWD\\_CentralandSouthern](https://go.umd.edu/DWD_CentralandSouthern)



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# Dining

with Diabetes



The program is led by Registered Dietitians and trained University of Maryland Extension Educators in consultation with Registered Dietitians.

**Mona Habibi, PhD**

Family & Consumer Sciences Educator Montgomery, Frederick, and Howard Counties

**Erin Jewell, MS, RDN, LDN**

Family & Consumer Sciences Educator Calvert, Charles, and St. Mary's Counties

**Dining with Diabetes** is a national program designed for adults with type 2 diabetes. The program teaches skills needed to identify and understand important information about managing this disease.

**Dining with Diabetes complements** and does not replace other diabetes education and management programs. It includes a series of four weekly, 1.5 hour sessions, and a three month follow up session.

Week 1: What is Diabetes?

Week 2: Carbohydrates and Sweeteners

Week 3: Fats and Sodium

Week 4: Vitamins, Minerals, and Fiber

### Participants will learn:

- ◆ menu planning
- ◆ carbohydrate counting
- ◆ portion control
- ◆ label reading
- ◆ healthy fats
- ◆ the importance of fiber in managing diabetes



Participants will discover healthy foods and receive recipes and handouts specific to each weekly topic.

**Note:** *Individual meal plans or guidance will not be provided.*

You will be asked to complete a 7-10 minute survey during the program.

### Testimonials

- ◆ “I learned how to substitute healthy ingredients to make favorite recipes more healthy.”
- ◆ “I am feeling confident with cooking meals favorable for a diabetic.”

## Fresh Fruit Tarts

### Ingredients

- 12 wonton skins
  - 2 Tbsp. sugar-free jelly or fruit spread
  - 1½ c. diced fresh fruit\*
  - 1 c. non-fat yogurt, any flavor
  - Cooking spray
- \*Select fresh fruit combinations in season (bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections etc).



### Directions

1. Preheat oven to 375° F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins with the corners standing up over the edges.
3. Bake wontons until lightly brown, approximately 4 -6 minutes. *Watch carefully, as Wonton skins bake very quickly.*
4. Remove from oven; carefully remove each wonton from muffin tin and allow time to cool.
5. Warm jelly or fruit spread and lightly coat bottom of each wonton.
6. Fill each wonton with fruit and a rounded dollop of yogurt on top.
7. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.

### Serving Information

Serves 12 (1 serving = 1 tart)

### Nutrition Information:

Calories 45, Fat 0 grams, Carbohydrates 10 grams, Protein 2 grams, Fiber 1 gram

### Who should attend?

The **Dining with Diabetes** program is available to anyone, 18 years or older who:

- ◆ Is at-risk for or currently has type 2 diabetes
- ◆ Has pre-diabetes
- ◆ Is a family member, caregiver or provides support for people with type 2 diabetes
- ◆ Wants to learn more about managing and preventing type 2 diabetes

### Cost

The cost to attend this first time **Dining with Diabetes** program series is **FREE**, which includes four sessions, follow up reunion, and the **Dining with Diabetes** manual with resources and recipes. However, for future program series, attendees may be charged a registration fee.