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Subject: Comal County press release: Extension to hold diabetes cooking classes
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**COMAL COUNTY, TEXAS
PUBLIC INFORMATION OFFICE**

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Extension offices to hold diabetes-focused cooking classes

FOR IMMEDIATE RELEASE, FEBRUARY 12, 2016:

NEW BRAUNFELS — The Texas A&M AgriLife Extension Service offices in Comal, Bexar and Guadalupe Counties will present a series of four Cooking Well with Diabetes classes in March at Schertz United Methodist Church, 3460 Roy Richard Drive.

All classes will be held at the church from 5:30-7:30 p.m., March 7 through March 28.

“In these classes, participants will learn how to prepare diabetic-friendly recipes,” said Krystal Batteen, AgriLife Extension agent for health education in Comal County. “They will also learn to modify favorite recipes to meet recommendations for diabetic nutrition needs.”

Batteen said the class series is designed for those who have already taken AgriLife Extension’s “Do Well, Be Well” classes or those that cover basic diabetic nutrition recommendations, such as portion control and glucose levels.

Cost for the class series is \$25 per person to cover expenses. Payment must be received prior to beginning of the March 7 class. Make checks payable to Guadalupe Family and Consumer Sciences and mail to: AgriLife Extension Guadalupe County office, 210 E. Live Oak St., Seguin, TX 78155.

Participants are expected to attend all four classes. Class dates and content will be:

- March 7, Reducing Carbohydrates. Topics to be discussed include meal planning,
- high- and low-carbohydrate foods, artificial sweeteners, eating sweets in moderation, and preparing foods and adapting recipes for people with diabetes.

- March 14, Making Recipes with Fat Better for You. Topics to be discussed include cutting fat while maintaining good flavor, using different kinds of fats, substituting other ingredients for fats and making lower fat main-dish recipes.
- March 21, Double Pleasure Side Dishes -- Reducing Sodium and Increasing Fiber. Topics to be discussed include lowering sodium content, getting more fiber into our diets and preparing side dishes.
- March 28, Celebrating Sensibly. Topics will include planning for special occasion meals and altering family favorites to good health.

The Cooking Well with Diabetes series of classes is part of the Do Well Be Well with Diabetes program is an AgriLife Extension program offered in various counties throughout Texas. Contact your local AgriLife Extension office to see if they are offered in your county.

For more information on the classes in Seguin, contact Batteen at 830-620-3440 or krystal.batteen@ag.tamu.edu.

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