



DINNER
WITH A
Dietitian

DIABETES *Wellness*

EDITION

Course begins April 3rd

This four-week **email-based** video course will help teach individuals with diabetes, pre-diabetes, and care-givers how to cook to meet the needs of living with diabetes.

Each week participants will be emailed a new instructional video, recipes, grocery list for the meal of the week, and additional educational materials.

Dinner with a Dietitian participants also receive optional access to a dietitian or health coach for additional support.

This e-course is available to **ALL** New Mexico Public Schools (NMPSIA) members.
QUESTIONS? Email nmpsia.wellness@phs.org

WEEKLY TOPICS ARE:



Week 1:

Basics of Diabetes



Week 2:

Balanced Plate and Intro to Portions



Week 3:

Portions and Focus on Carbohydrates



Week 4:

Recipe Remakes and Substitutions



REGISTER

Use the QR Code or visit:

www.research.net/r/NMPSIADinnerwithDietitian

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