

Kitchen Creations

Cooking school provides diet ideas and suggestions for people with diabetes.



Kitchen Creations increases knowledge of healthy food choices and meal planning for people with diabetes.

About

An estimated 130,000 New Mexicans have diabetes, a chronic disease that can result in serious complications, including heart and kidney disease, blindness, stroke, amputations and death.

Kitchen Creations is a cooking school for people with diabetes and their families. The program's curriculum was written to respond to the needs of people with diabetes in New Mexico. Kitchen Creations consists of four classes, and each lasts about three hours. The Diabetes Prevention and Control Program and the New Mexico State University Cooperative Extension Service jointly support the program.

The first class includes an introduction to diabetes and how the disease affects metabolism and sugar levels. In week two, students make desserts that are nutritious and suitable for diabetics while learning more about carbohydrates, sugar and fiber. In week three, students gain knowledge of how to reduce unhealthy fat in their diets and cook with less salt. The final week includes a discussion about food safety and a summary of the previous three weeks.

The goals of Kitchen Creations include increasing knowledge of healthy food choices and meal planning for people with diabetes, presenting healthy versions of familiar foods, introducing new foods that are economical and easy to prepare, providing hands-on opportunities to learn cooking techniques that use new or healthier ingredients and

encouraging behavior changes by preparing and tasting healthy foods.

The Cooperative Extension Service's mission is to enhance quality of life for New Mexicans. Improving health enhances quality of life. Therefore, Cooperative Extension programming includes addressing this major health issue in New Mexico by providing programs that promote physical activity and healthy eating to help persons at risk for diabetes and persons living with diabetes.

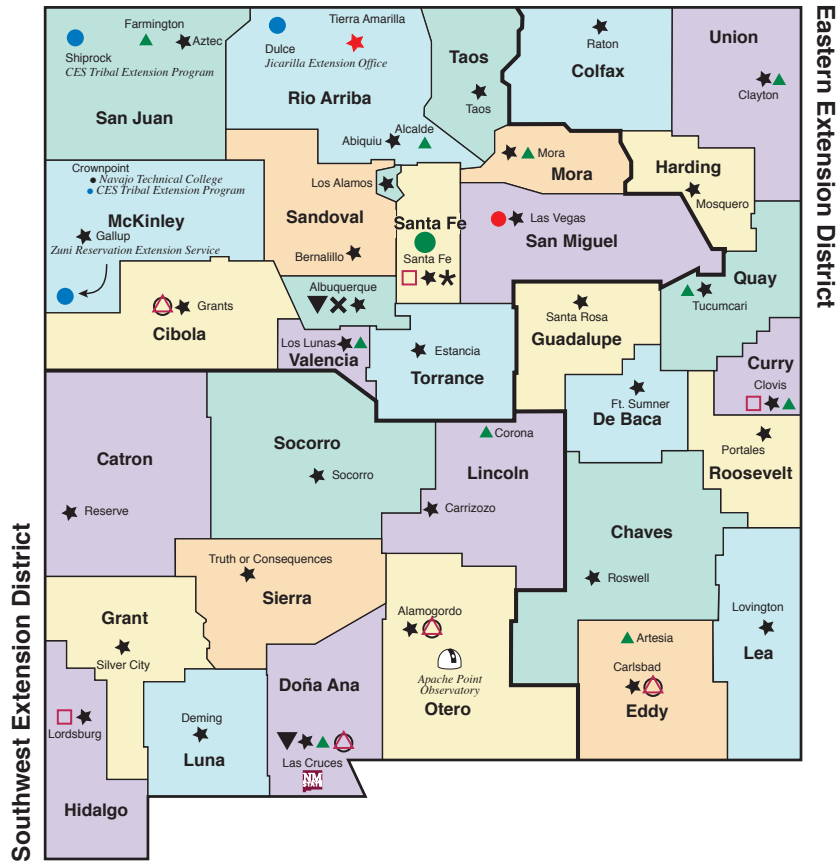
Get Involved

Kitchen Creations cooking schools are offered throughout the state during the year. For a current schedule visit www.diabetesnm.org/programs/kitchen_creations_schedule.htm. Space is limited, so registration is required. Classes are offered in both English and Spanish. For more specific information, contact your local county Extension office. To find the nearest participating office, visit www.diabetesnm.org/programs/KC_county_agents.htm.

Contact

For more information on the Kitchen Creations program, call (505) 332-3765 or (575) 646-5087.

Northern Extension District



Facility Locations

- | | |
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| ★ County Cooperative Extension Service Offices | ✕ Admissions Office |
| ★ Satellite County Office | ● Santa Fe Ranch Demonstration Site |
| ● Tribal Cooperative Extension Service Offices | NMSU NMSU Main Campus |
| ▲ Agricultural Science and Research Centers | 🕒 Apache Point Observatory |
| □ Cooperative Extension Service District Offices | ▼ CES/New Mexico Works Program |
| ★ University Government Affairs | ● Memorial Middle School Agricultural Extension and Education Center |
| Ⓜ NMSU Community Colleges | |

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