

If you have diabetes, eating right can be a real challenge. *Kitchen Creations* can help!

# Kitchen Creations

A cooking school for people with diabetes

Have fun as you learn how to enjoy your favorite foods in a healthy way and prepare new recipes from the *4-Ingredient Diabetes Cookbook* and *New Mexico Recipes*.

**All classes and materials are free!**

## A SERIES OF 4 COOKING CLASSES

- Learn to plan healthy meals
- Prepare delicious dishes that manage carbohydrates
- Reduce fat, sugar, and sodium in cooking without cutting taste

In addition to preparing and tasting healthy dishes, class participants will receive a workbook and recipe books.

Pre-registration is required, so please call your County Extension Office today!

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DIABETES  
PREVENTION  
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PROGRAM  
diabetesnm.org



For more information about *Kitchen Creations*, please contact:

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## ***Kitchen Creations* Information Sheet**

**What is Kitchen Creations?** *Kitchen Creations* is a cooking school for people with diabetes and their families. The *Kitchen Creations* curriculum was adapted from a successful West Virginia curriculum, *Dining with Diabetes*, in 1999 by Certified Diabetes Educators, Registered Dietitians, and Extension Specialists in the New Mexico State University (NMSU) Cooperative Extension Service and the New Mexico Department of Health (NMDOH) Diabetes Prevention and Control Program. *Kitchen Creations* is offered free of charge to participants across New Mexico by the NMSU Cooperative Extension Service with funding from the NMDOH Diabetes Prevention and Control Program.

*Kitchen Creations* enhances meal planning and food preparation skills for self-management through four sessions, each lasting 2½ - 3 hours. Nutrition recommendations are in line with current recommendations for people with type 2 diabetes set forth by the American Diabetes Association. Sessions are based on Social Cognitive Theory and include participation in nutrition education activities, food preparation activities, and the tasting of foods. Learning is enhanced by the social support of others in the classroom. Extension Home Economists and Registered Dietitians and/or Certified Diabetes Educators facilitate the sessions, incorporating group learning, discussion, and skill-building. Participants receive materials to assist in making recommended lifestyle changes, including a manual and diabetes cookbooks.

**Why is Kitchen Creations important?** Research shows that the risk for complications from diabetes can be decreased when blood glucose levels are maintained within a range that mimics “normal” levels. To achieve this level of control, lifestyle changes usually prescribed for people to manage their diabetes include diet modification. Reports from the NMDOH reveal that few people with diabetes in New Mexico have access to the level of diabetes education required to make these lifestyle changes.

### **Goals of Kitchen Creations**

- Increase knowledge of healthy food choices and meal planning for people with diabetes.
- Present healthy versions of familiar foods and introduce new foods that are economical and easy to prepare.
- Provide hands-on opportunities to learn cooking techniques that use new or more healthful ingredients.
- Encourage healthier food choices by preparing and tasting healthy foods.
- Provide opportunities for participants to share and learn from one another.
- Learn about pre-diabetes and share the information with families and friends.
- Demonstrate the potential of the Extension Service to provide basic diabetes education in partnership with diabetes health professionals.

**Does Kitchen Creations make a difference?** Two articles about *Kitchen Creations* were recently published in peer-reviewed journals. They show that:

- For each of the 12 knowledge items included on program surveys, 96% or more of the participants reported an increase in knowledge as a result of the program.
- For each of the 12 behavioral items included on program surveys, a significantly higher percentage of respondents reported an intention to improve their behavior.
- At follow-up, nearly 60% or more of participants showed improvement in use of: the Diabetes Food Guide Pyramid (the curriculum now uses a diabetes plate), measuring food portions, and using the 50/50 method.
- Participants made statistically significant decreases in calories, total fat, saturated fat, carbohydrates, cholesterol, sodium, and percentage of calories from fat in their diets. There was a statistically significant increase in the percentage of calories from protein.

Archuleta M, VanLeeuwen D, Halderson K, et al. Cooking schools improve nutrient intake patterns of people with type 2 diabetes. *J Nutr Educ Behav.* 2012;44:319-325.

Archuleta M, VanLeeuwen D, Halderson K, Wells L, Bock MA. Diabetes cooking schools improve knowledge and skills in making healthful food choices. *J Extension.* 2012;50:2FEA6. <http://www.joe.org/joe/2012april/a6.php>. Accessed November 20, 2013.

For more information, please contact:

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