



Diabetes Nutrition and Cooking Classes

Chef Walters Cooking School Diabetes Nutrition and Cooking Class is a social-based program designed by professional chefs to aid people with diabetes to learn about the power of food to improve their health and wellness. The road to diabetes does not have to be a one-way street. There is reason for hope! People who eat plant-based meals are less likely to ever develop diabetes, and for those who have diabetes, plant-based meals can help to improve blood sugar levels and prevent complications.

Launched in 2015, **DIABESITY** Diabetes Nutrition and Cooking Classes are designed to bring a new, research-based, easy-to-follow approach to help people with diabetes in two significant ways:

- Avoid preventable complications from the disease
- Reduce the need for medication(s)
- Understanding the science of food through cooking process

These classes' main objectives are to empower people with diabetes with information on how food choices promote, prevent, and treat type 2 diabetes and practical cooking skills for healthy and delicious meal preparation. The instructor Chef Walter Potenza has completed an extensive training program offered through FAND (Association of Italian Diabetics, Milan Italy) and participates in ongoing, interactive National & International educational sessions and webinars.

People who have type 2 diabetes, or concerns about developing diabetes, and their friends and family members will all benefit from these classes.

Background on the Nutritional Approach

Clinical research show the effectiveness of a low-fat, plant-based diet in, and these classes-seminars will teach you the art of cooking for yourself while controlling the dangerous development of starches through the cooking process. In addition you will;

Improve blood glucose

Promote weight loss

Reduce cholesterol

Proper nutrition

Three steps of eating well

Choosing foods and reading labels

Extras: sugar substitutes, alcohol, discretionary food

Making lifestyle changes & preventing health complications

Lower the risk of common chronic diseases, such as diabetes, heart disease, and various cancers

A well-planned plant-based diet has many nutritional benefits and has been demonstrated to be as acceptable as the portion-controlled diet for diabetes management. A plant-based diet has also been endorsed by the American Dietetic Association and described as a safe choice in the American Diabetes Association's Standards of Care for Diabetes.

What You Can Expect from Chef Walters Cooking School Diabetes Cooking Class and nutrition awareness:

Each two-hour interactive class includes:

- 1) Nutrition education on the role of plant-based meal planning
- 2) A presentation of moving interviews with people who share their inspirational experiences of how they reversed their diabetes following the same nutrition lessons taught in the class
- 3) A hand-on cooking class of simple, tasty recipes that can be easily recreated at home
- 4) Delicious food during dinner of the recipes prepared in class

Participants will receive recipes, a summary on how to get started with a planted-based nutrition approach, and information on additional resources.

Note: Participants are strongly encouraged to work with their health care team to safely make changes in diet.

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