

## Bedford County Classes

This is a three session class with different topics covered in each session. The sessions include demonstrations of recipes, sampling of foods, information on healthy eating, activities and handouts to use at home. You also receive a cookbook for people with diabetes.

The classes will be held on Tuesdays, **June 16, 23 and 30 at the UT/TSU Extension Office from 10:00 a.m. to 12 noon.**

There is a small fee of \$20.00 to cover the cost of the food that will be demonstrated and sampled.

You must pre-register by calling the Extension Office at 931-684-5971 or coming by the Office at 2105 Midland Road in Shelbyville.

You can pay in advance or at the door on June 16 with check (made out to University of Tennessee) or cash.

Programs in agriculture and natural resources,  
4-H youth development, family and consumer sciences,  
and resource development.  
University of Tennessee Institute of Agriculture,  
U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.

## About Diabetes and Obesity in TN

### Diabetes Prevalence:

| Bedford County | Tennessee | US  |
|----------------|-----------|-----|
| 12%            | 13%       | 10% |

Type 2 diabetes is becoming more common among young people.

### Obesity Rates:

| Bedford County | Tennessee | US  |
|----------------|-----------|-----|
| 41%            | 39%       | 34% |

Overweight and obesity are one of the greatest risk factors for diabetes.

### Agent Information:

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## Are you having difficulty following diet instructions for managing diabetes? If so, we can help.

The Bedford County Extension office is offering Dining with Diabetes classes that will help you gain cooking skills and tools needed to follow a eating plan for people with diabetes. You will gain knowledge and skills to prepare meals that fit your doctor's recommendations from making fat free sauces to using low-carbohydrate vegetables to cooking techniques like roasting, sautéing and stir frying for healthy meals.



Dining with Diabetes is a practical learning program designed for people with diabetes, those at risk for diabetes or those who care for people with diabetes. All family members will benefit from the healthy eating information taught in this program.



### What will I learn?

- Practical skills for day to day food choices
- Quick and healthy cooking techniques
- How to analyze recipes to determine its nutritional value
- How to identify and monitor the amount of carbohydrates, sodium and fat eaten
- Importance of whole grains in managing diabetes and how to identify food sources
- How to modify favorite recipes to reduce refined carbohydrates, sodium and saturated fat
- How to identify sources of “healthy” fats in food such as monounsaturated and polyunsaturated fat including food sources of omega 3 fatty acids
- How to identify hidden sources of trans fat in food
- How to use artificial sweeteners

## Why is the information in Dining with Diabetes important for a person with diabetes and their family?

Diabetes is a preventable disease and other family members may be at risk for developing diabetes. Research has shown that healthy eating, physical activity and maintaining a healthy weight are important for preventing diabetes and for managing diabetes once it has been diagnosed.

Many of the complications of diabetes can be prevented or delayed. Some of the complications of diabetes include kidney and nerve damage, heart disease, stroke, amputations as well as other problems. Dining with Diabetes will help you manage your diet to help you control your blood sugar. This is an important step in preventing complications of diabetes.

