Order Right Bite Today

The Right Bite Diabetes Cooking School is a fun way to learn how to enjoy delicious food that is prepared with less fat, sugar and sodium. Managing diabetes and other chronic diseases doesn’t have to be boring or tasteless.

Healthy eating begins with the best ingredients selected with care and love.

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Since 1996, the Right Bite Diabetes Cooking School has been showing people affected by diabetes how to enjoy healthy food while controlling their diabetes. The 2010 edition adds even more information that will help anyone preparing food to control diabetes, high blood pressure or any other chronic disease. The new lessons cover:

- Portion control,
- Label reading,
- Use of various sweeteners,
- Choosing carbohydrate wisely,
- Increasing fiber,
- Choosing the right fats and
- Control of high blood pressure.

The lessons include Power Points, detailed scripts, colorful handouts, simple evaluation tools and over 75 delicious recipes.

**Fruits and Vegetables are Key to Good Health.**

**Designed for Extension Agents or Health Care Professionals**

The curriculum is designed to be presented by Extension agents trained in diabetes meal planning or health care professionals comfortable with food preparation and nutrition. The lessons can be offered as a series of three to six lessons over a few weeks or months. Some individuals with diabetes who want to learn more about healthy food preparation also have purchased the curriculum.

Right Bite received the Creative Nutrition Education Award from the Diabetes Care and Education Practice Group of the American Dietetic Association and 2nd Place in the Southern Region for Education Curriculum Packages from the National Extension Association of Family and Consumer Sciences.

It's all on one CD for one low price of $15!

To order your CD, send a check for $15 per CD made out to The University of Georgia. Sorry we do not take credit cards or purchase orders.

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Send to Connie Crawley, MS, RD at the address below. Thanks.