



Diabetic Cooking Class

BOSTON
MEDICAL
CENTER

Teaching Kitchen



Enjoy fun, interactive cooking classes taught by a Registered Dietitian!

**Classes are FREE
for BMC patients and staff.**

Learn to Follow a Healthy Diabetic Diet

- Learn about what a Diabetes Friendly Diet consists of (healthy-fats, whole grains, fruit and vegetable based) and why it is important to follow
- Learn how healthy foods can improve your blood glucose, help you lose weight, reduce cholesterol, and lower your risk of other chronic diseases!
- Learn about vitamins and minerals that are important for a diabetic diet and where to find them
- Make healthy recipes you and your whole family will enjoy!
- Ask questions and get answers from a Registered Dietitian
- Classes held: **FIRST Wednesday every month 12:00-1:00**

FREE
Healthy Cooking
Classes at BMC



BMC Teaching Kitchen

850 Harrison Ave, Boston, MA

Yawkey Building 2nd Floor

617- 414-3840

For complete class schedules and recipes, visit

<https://www.bmc.org/nourishing-our-community/teaching-kitchen>