**Diabetic Dining Made Easy**

**Class Dates**

Select one class:

**January 14th**
- Monday evening, 7 – 9 PM.

**January 16th**
- Wed. morning, 9:30 – 11:30 a.m.

**February 6th**
- Wed. morning, 9:30 – 11:30 a.m.

**March 5th**
- Wed. morning, 9:30 – 11:30 a.m.

**April 2nd**
- Wed. morning, 9:30 – 11:30 a.m.

**April 7th**
- Monday evening, 7 – 9 PM

**May 5th**
- Monday evening, 7 – 9 PM

**May 7th**
- Wed. morning, 9:30 – 11:30 a.m.

**June 2nd**
- Monday evening, 7 – 9 PM

**June 4th**
- Wed. morning, 9:30 – 11:30 a.m.

**How Do I get to MCV Women's HealthCare?**

**From Southside:**
Exit Powhite Parkway onto Chippenham Parkway heading north toward the Willey Bridge. The last exit before the bridge is Stony Point Parkway. Exit right. At the end of the exit ramp, turn left at the traffic light onto Stony Point Parkway. The white stucco building at the end of the street is MCV Physicians, 9000 Stony Point Parkway. Women’s HealthCare is on the left side of the first floor overlooking the lake.

**From the West End:**
Follow Parham Road across the Willey Bridge. South of the bridge, Parham Road becomes Chippenham Parkway. Take the second right exit for Stony Point Parkway. At the end of the exit ramp, turn left at the traffic light onto Stony Point Parkway. Go through a second traffic light. The white stucco building at the end of the street is MCV Physicians, 9000 Stony Point Parkway. Women’s HealthCare is on the left side of the first floor overlooking the lake.

**From Downtown:**
Take the Powhite Parkway south across the James River. Pass through the toll-booth, and then exit right onto Chippenham Parkway North. Follow the southside directions above.

"Located at the opposite end of the Parkway from Stony Point Fashion Park." **FREE PARKING**

VCU Women's Health Care at Stony Point
Part of VCU Institute for Women’s Health
A National Center of Excellence (Designated By the US Dept. Health and Human Services)
9000 Stony Point Parkway
Richmond, VA 23235
Diabetic Dining…  
Made Easy

This nutrition class will be helpful if…

- You've just learned that you have diabetes
- You've had diabetes for years
- You control your diabetes by diet and exercise
- You take insulin to control your blood sugar
- You take pills to control your blood sugar
- You take pills and insulin to control your blood sugar
- You have a friend or a loved one who has diabetes

Did you know that the foods you eat could help control your blood sugar? Did you know that some food choices could also send your blood sugar out of control? Eating the right type of foods will help keep you healthy and satisfied.

There are many misconceptions about foods allowed or not allowed on diets for diabetes. This class teaches you the best food choices you can make to achieve good health and blood sugar control.

The best type of diet to follow to control your blood sugar is one that you can follow for life. In this class we will not count exchanges or count calories. Instead, we will focus on balancing your protein, fat and carbohydrate at meals. We will also discuss carbohydrate counting (grams and carb choices).

During this 2-hour class you will learn:

- How to time your meals
- How to balance carbohydrate at meals and snacks
- How protein can help appetite
- How to reduce fat and keep the flavor in meals
- What foods and portions to eat
- What sugar substitutes to use
- What sugar free desserts are allowed
- Foods to select when eating out
- How to select the best type of exercise to control your blood sugar

Handouts that you will receive:

- Food Guide Pyramid for Diabetic Meal Plans
- Sample meal plans & recipes
- Dining out guidelines

Our registered dietitian, Mary-Jo Sawyer, RD, will teach this class. She has over 25 years of experience in nutrition counseling of diabetes and other health-related concerns. If you have any questions about this class you may contact her at msawyer@mcvh-vcu.edu or 804-327-8830.

Diabetic Dining Made Easy Class  
VCU Women’s Health  
9000 Stony Point Parkway  
Richmond, VA 23235

Diabetic Dining Registration Form

Please complete the information and select the date for your class.

Name: ____________________
Address: __________________
City: _____________________
State: __________ Zip: ________
Home Phone: ______________
Work Phone: ______________
Email: ____________________

The cost of this class is $35.00 per person. Call 560-8955 to register. Then mail this form with your check made payable to “MCV Physicians,” to:

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