

# Cooking for Prediabetes and Diabetes

With Mary W. Zbaracki, MPH, RD, CDE  
Clinical Dietitian & Diabetes Educator

**What we eat affects our chances of developing prediabetes and, ultimately, diabetes.**

The good news is that we can greatly protect ourselves  
by making simple changes to our cooking and eating habits.

Join us for food preparation tips and supper. Learn how you can eat well while enjoying every bite!

## Dinner Menu

- Chicken Taco Casserole
- Apple Cranberry Walnut Salad
- Pumpkin Zucchini Muffins

Can't come for dinner?  
Watch live on Sawtooth  
Mountain Clinic's  
Facebook page!

**Monday, November 13**  
**First Congregational UCC of Grand Marais**  
**Cost: FREE!     5:30 - 7:00 pm**

RSVP by 11/10/17 to [hartley@sawtoothmountainclinic.org](mailto:hartley@sawtoothmountainclinic.org)  
or call 387-2330