



Suitable
for people
with pre and
Type 2
Diabetes

 Next course starts 30th January 2025




Free online cooking course!

Make delicious food to maintain a healthy weight, blood glucose levels and improve your gut health.

This course will build your confidence to cook **easy, nutritious** and **inexpensive** meals.

Improve your health:

- Increase your fruit and veg intake
- Include more non-meat sources of protein in your diet
- Reduce refined carbohydrates intake

-  5 x 2-hour sessions delivered online by type 2 diabetes and weight management expert Kamila Szczesna
-  Cook along from the comfort of your own kitchen
-  Course starts Thursday 30th January; 6pm–8pm



Visit www.wellbeing-courses.co.uk and search 'Cook, Eat and Stay Healthy' or call 0300 247 0050 for more information

Free online cooking course!

Make delicious food and improve your health

This course will provide you with knowledge and skills, but most importantly it will build your confidence to learn how to cook easy, nutritious and inexpensive meals. Over the five weeks you will find out how to take control of your body weight, blood glucose levels and general health using dietary principles from evidence-based programmes.

The recipes will be based on the following Government recommendations:

- Increasing fruit and veg intake
- Including more non-meat sources of protein such as pulses and legumes in our diet
- Reducing refined sugar intake

Additionally, there will be an emphasis on:

- Cooking plant-based dishes as many of us struggle to meet the recommended daily number of portions.
- Using alternative sources of protein to meat such as beans and lentils. These are a great source of soluble fibre, vitamins and minerals. Furthermore, they are cheap, nutritious and sustainable. The course will provide participants with ideas for swaps where possible.
- Including healthy fats such as extra virgin olive oil, seeds and nuts, avocados.
- Replacing refined sugar with healthier alternatives like polyols, which have a positive effect on our gut microbiota and don't spike our blood and insulin levels.
- Looking at reducing refined starchy carbohydrate intake and replacing it with less starchy vegetables such as celeriac, cauliflower, butternut squash and pumpkin.

Evidence-based dietary principles

Is there a cost?

No, this course is free of charge.

Who is it aimed at?

Men and women of all ages.

Booking

Click [here](#) or scan QR code



Run by

The Wellbeing Courses, BaNES



Wellbeing Courses
Bath and North East Somerset