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Contact: Nikonie Brown

(662) 329-7119

nbn1@muw.edu

Diabetes education classes to be held on MUW campus

COLUMBUS, Miss. – The Culinary Arts Institute at Mississippi University for Women has partnered with Dr. Jacqueline Hampton, a local physician, and NovoNordisk, a healthcare company specializing in diabetes care, to do a series of diabetes education classes.

There will be two sessions this semester. The first one, on Wednesday, Oct. 28, will feature senior culinary arts major Stephanie Ward demonstrating healthy snacks and tailgating ideas. The second one, on Wednesday, Nov. 11, will feature Ward and An Howard Schubert, another senior culinary arts major, preparing diabetic friendly recipes for the holidays. Both sessions will take place at 5 p.m. in the demonstration kitchen in Shattuck Hall.

Dr. Hampton's diabetic patients are invited to attend these classes at the institute where culinary students perform food demonstrations for recipes that are diabetic friendly. Culinary arts students get experience in doing food demonstrations for a live audience while the participants get the benefits of learning new recipes, cooking techniques and recipe modifications/substitutions that are appropriate for people with diabetes.

Amanda Dahl, a registered dietician and assistant professor of nutrition at MUW, will approve all of the recipes before hand and will also be there to answer any specific diabetes or diet-related questions anyone may have.

“We began this endeavor in the spring and due to its success, we are continuing with our efforts,” said Dahl.

For more information, contact Dahl at (662) 329-8513.