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Sprout Nutrition and Cooking Program for Type Two Diabetes

At Sprout Health Studio we are experts in the management of Type 2 Diabetes and related chronic conditions. Our Nutrition and Cooking Program for Type 2 Diabetes is an exciting initiative designed to meet the growing needs of people living with Type 2 Diabetes. Each group consists of 12 patients and is facilitated by an Accredited Practising Dietitian and will provide participants with the knowledge, skills and tools required for sustainable diabetes self-management.

The program consists of:

- Four group education sessions,
- One hands-on cooking class, and
- Four individual consultations with a Sprout dietitian

Program Outline:

Group education session 1:

- Carbohydrate foods and carbohydrate counting
- Carbohydrate portions and distribution

Group education session 2:

- Glycaemic Index and its impact on blood glucose levels
- Dietary fibre and diabetes management
- Label reading for diabetes management

Hands on cooking class:

- An interactive and hands on cooking class presented by a Sprout dietitian and a Sprout chef
- You will watch our team and then get hands on yourself, before enjoying the meal you create as part of a two-course diabetes friendly meal

Group education session 3:

- Saturated and unsaturated fats and their impact on diabetes management and cardiovascular health
- Protein portions and distribution
- Safe alcohol consumption

Group education session 4:

- Lifestyle related weight management strategies
- Practical ways to increase physical activity levels