

FREE Presentation!

New Tools for Type 2 Diabetes: Knife, Fork and Spoon

presented by



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University of Illinois College of Medicine at Rockford
1601 Parkview Avenue

Free & Open to the Public

New research shows that a low-fat, plant-based diet can be just as effective as some medications for Type 2 diabetes. It has many additional health benefits with fewer side effects.

Plus, it does not require the portion control, calorie restrictions and limitations on carbohydrates usually prescribed.

Learn how eating from four food groups can work for diabetes, and receive recipes and useful tools to get started.

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