



## Diabetes: Carbohydrate Counting

### What can I expect to learn?

- How many grams of carbohydrate to eat at meals and snacks
- Carbohydrate content of various foods and how to add up these foods to create meals
- How to read labels to know the carbohydrate content in food

### How many workshops are there?

One workshop for 2 hours

### How is this workshop being offered?

Over Zoom

### Who can register for this workshop?

Adults who live in [Edmonton Zone](#) and who are physically present in Alberta during the session.

### How can I register for this workshop?

Phone 1-866-735-1051 (choose 1) or view our online [course catalogue](#)

**\*This workshop builds on healthy eating strategies you learned about in [Diabetes: Healthy Eating](#)\***

