



Diabetes: Healthy Eating

What can I expect to learn?

This workshop introduces the foundation of healthy eating for diabetes. Join a registered dietitian to learn about:

- What carbohydrates are
- Meal timing and spacing
- Balanced meals and portions
- Healthy snacks for diabetes
- The importance of fiber
- Choosing healthy fats

How many workshops are there?

One workshop for 2 hours

How is this workshop being offered?

Over Zoom or in-person

Who can register for this workshop?

Adults and/or their caregivers 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](#)

