

## CarbSmart

# Register now for FREE diabetes education

## Preston, Victoria

<b>Date</b>	Thursday, 29 June 2023
<b>Time</b>	9.30am - 12.30pm
<b>Location</b>	Your Community Health (PANCH), Multi Purpose Room, 300 Bell St, Preston
<b>Cost</b>	FREE for people registered with the NDSS
<b>Suitable for</b>	✓ type 2 diabetes or gestational diabetes

CarbSmart will help you enjoy quality carbohydrates in a way that suits you and your diabetes.

**CarbSmart covers:**

- Where carbohydrates come from and which foods have them
- Why some carbohydrates can be more useful than others
- Recommended amounts of carbohydrates as per the Australian Dietary Guidelines
- What the glycaemic index (GI) means and how to use it to choose quality carbohydrates
- The concept of carbohydrate 'exchanges'.

By the end of this program, you will have the confidence to include carbohydrates into your diet, without missing out on the foods you enjoy.



Scan this QR code to find out more and book online

Bookings are essential. Book online or call the NDSS Helpline and have your NDSS card ready.

NDSS Helpline 1800 637 700  
events.ndss.com.au