

## ShopSmart

# Register now for FREE diabetes education

## Northcote, Victoria

<b>Date</b>	Tuesday, 18 July 2023
<b>Time</b>	1.30pm - 4.00pm
<b>Location</b>	Your Community Health, Activities Room, 42 Separation St, Northcote
<b>Cost</b>	FREE for people registered with the NDSS

**Suitable for** ✓ all types of diabetes

ShopSmart will help you to understand how to read food labels, and what to look for when choosing healthy options for yourself and your family. You will also receive a handy wallet card for quick reference when shopping.

### ShopSmart covers:

- Healthy eating, as recommended by the Australian Dietary Guidelines
- How to make decisions about the product, from the list of ingredients
- How to make sense of the numbers in the nutrition information panel
- How to choose foods suitable for you, based on a product's nutrition information panel
- What the glycaemic index (GI) is and how to use it.

By the end of this program, you will feel confident reading product information and nutrition panels. So next time you visit a supermarket you will be able to make the best decisions for your health and wellbeing.



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book online

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

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