

CARBOHYDRATE COUNTING WORKSHOP

(Facilitated by Roslyn Smith, Senior Diabetes Dietitian, Liverpool Hospital)

Target Audience:

- Credentialled Diabetes Educators (all disciplines)
- Diabetes Educators;
- Dietitians;
- Clinicians involved in the care of people living with diabetes.

Time Frame: 1.30pm – 3.30pm

Total number of participants: 30

Set up: Cabaret style tables

Aims of workshop:

The aim of this workshop is to increase understanding, knowledge and skills in carbohydrate counting.

Objectives of the program:

Participants who attend this workshop will be able to:

- Identify appropriate use of carbohydrate counting in diabetes management and alternative carbohydrate approaches
- Count carbohydrate in grams, serves and exchanges
- Calculate carbohydrate content of food products and meals via practical workshop activities such as
 - Reading food labels
 - Using food scales, internet and phone applications
 - Counting carbohydrate in recipes and home cooking
 - Estimating carbohydrate content of meals when eating out

Program Structure:

- 1.30- 2.00 -pm – Overview of carbohydrate counting in diabetes management (Dietitian)
- 2.00 - - 3.30pm - practical workshop