

CARBOHYDRATE COUNTING WORKSHOP

For parents, carers, and young people with Type 1 Diabetes

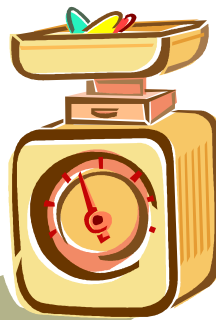
- ✓ How to accurately calculate the carbohydrate content of foods
- ✓ Become more confident at estimating food quantities
- ✓ Reading food labels
- ✓ Practical work stations
- ✓ Appropriate for all* - beginners to advanced carb counters



+

NUTRITION INFORMATION	Average	%D*	Avg Qty Per	%D* Per	Average
	Quantity	Per	30g With	125 mL	Quantity
Servings Per Pack 19	Per	Per	Reduced	Reduced	Per
Serving Size 30g	Serving	Serving	Fat Milk	Fat Milk	100g
Energy	490 kJ	6%	770 kJ	9%	1620 kJ
Protein	2.7 g	5%	7.8 g	16%	9.0 g
Fat, Total	1.4 g	2%	3.5 g	5%	4.7 g
- Saturated	0.4 g	2%	1.7 g	7%	1.4 g
Carbohydrate	21.6 g	7%	28.6 g	9%	72.1 g
- Sugars	8.2 g	9%	15.1 g	17%	27.3 g
Dietary Fibre	2.3 g	8%	2.3 g	8%	7.7 g
Sodium	35 mg	2%	105 mg	5%	115 mg

+



=



Run by the Diabetes Dietitians – Karli, Clare & Heather

Where: Royal Children's Hospital, Melbourne: please meet on Ground Floor in the area in front of the entrance to Specialist clinics A1-A6

When: Wednesday 31st August 2016 545pm for a 6pm sharp start
Session will finish by 830pm

Cost: Free

BYO supper as there will be no food provided on the night

Bookings essential as places are limited. Booking closes Monday 29/08/16.

Contact Anita on (03) 9345 6661 or email diabetes@rch.org.au

*when booking please advise whether the attendees are beginner or advanced carb counters so we can cater the workshop to your needs