

Carbohydrate Awareness Group

Have you had poorly controlled Type 2 diabetes for over a year?

Are you confused about carbohydrates and sugars?

Would you like to improve your blood glucose levels?

**Book in to attend a one off session lasting three hours run by an
NHS Diabetes Specialist Dietitian**

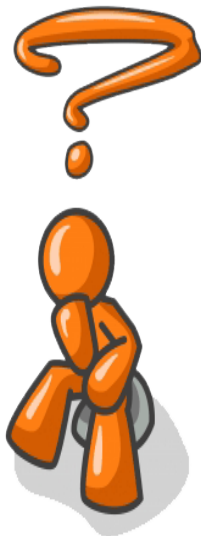
**What is
carbohydrate?**

**Is there really
sugar in
everything?**

**Do potatoes
really have
sugar in them?**

**How much
carbohydrate
should I eat?**

**Is it true that
you can't eat
fruit?**



Date:
Time:
Venue:

To book onto the course please ask at reception