

Carbohydrate Awareness Groups

Information for GP Surgeries

Target Patient Group:

- Patients with type 2 diabetes who have been diagnosed with diabetes for long than a year (less than 1 year are eligible for DESMOND)
- Poorly controlled diabetes (HbA1c >58mmol/mol (7.5%))
- Patients on maximum oral therapy/pre insulin/mixed insulins/GLP-1 (not basal bolus)
- Suitable to attend group setting

Subjects Covered:

- Brief description of type 2 diabetes and how medications work
- Ways of managing blood glucose levels
- Ways of monitoring blood glucose levels including HbA1c and finger prick testing
- Foods that's do/do not contain carbohydrate
- Healthy slow release carbohydrate options
- A healthy balanced diet
- Suitable portions of carbohydrate
- How to estimate carbohydrate in the diet and in meals using Carbs and Cals, portion guides and food labels
- Physical activity- the benefits and recommendations
- Action planning
- Burning questions answered