

## What are the benefits?

- ✓ On average patients have achieved an improvement in HbA1c (long term diabetes control)
- ✓ Patients felt more in control of their diabetes after attending this course

To book onto the course please ask at your GP reception if they are running the groups OR speak to your Diabetes Specialist Nurse or GP who can refer you to one of these groups

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Hertfordshire Community   
NHS Trust

## Carbohydrate Awareness Group

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

Are you confused about carbohydrates and sugars?

Book in to attend a Carbohydrate Awareness Group run by an NHS Diabetes Specialist Dietitian

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## What is a Carbohydrate Awareness Group?

A Carbohydrate Awareness Group is a one off session lasting three hours run by a NHS Diabetes Specialist Dietitian.

The aim of the session is to improve diabetes control through an improved understanding of how to modify and balance carbohydrate intake.



## What does it involve?

Usually six to ten people attend the sessions. Guests are welcome if room space allows.

The session involves interactive discussions. A workbook is provided.

The session also involves activities around:

- identifying carbohydrates
- estimating amounts of carbohydrate
- food labels.



## What is covered?

- ✓ Understanding what carbohydrates are and how they raise blood glucose levels
- ✓ Being able to identify the main sources of carbohydrate in the diet
- ✓ Awareness of appropriate portions of carbohydrates to meet nutritional requirements
- ✓ Reviewing the importance of distributing daily carbohydrate intake to match diabetes tablets/ insulin prescribed
- ✓ Understanding the benefits of healthy slow release carbohydrate options