

# Diabetes: Carbohydrate Counting

## What can I expect to learn?

- How many grams of carbohydrate to eat at meals and snacks
- Carbohydrate content of various foods and how to add up these foods to create meals
- How to read labels to know the carbohydrate content in food

## How many parts are there to this class?

- 1 class for 2 hours

## How is this class being offered?

- This class is being offered over Zoom

## Who can register for this class?

- Adults and/or their caregivers living in Edmonton Zone

## How can I register for this class?

- Phone 825-404-7460 or toll-free 1-866-735-1051 to register
- To see a schedule of our upcoming classes, view our online [course catalog](#)

**\*This class builds on healthy eating strategies you learned about in Diabetes: Healthy Eating\***