

ndss

National Diabetes Services Scheme

An Australian Government Initiative



Carb counting it's as easy as 1,2,3!

Would you like to learn more about counting carbohydrates (carbs) from your food?

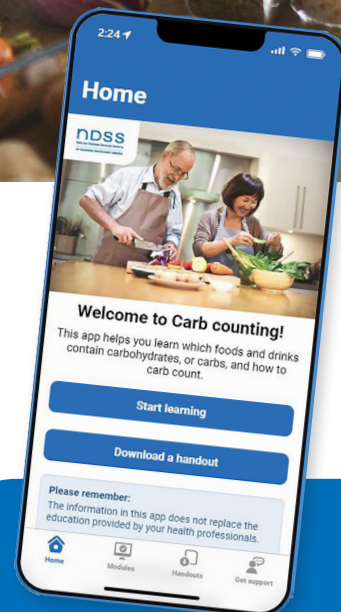
Carb counting is a FREE online program to help you manage your diabetes by counting carbs from your food.

This program is for:

- people with all types of diabetes
- people who would like to refresh their carb counting knowledge

This program will:

- increase your knowledge of what a carb is and common foods and drinks that contain carbs
- give you the confidence to use different carb counting methods
- enable you to count carbs in recipes and food labels with ease



The Carb counting online program:

- contains 11 short modules (pick and choose the ones that suit you)
- can be completed in the comfort of your own home
- is available as an app (simply scan this QR code then click on the link to the app to add it to your phone)



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