

Carb Counting – an online learning program to support people with diabetes to count carbohydrates (carbs)



Carb Counting is a FREE 2-hour online learning program funded by the National Diabetes Service Scheme (NDSS) to increase awareness and education around carbohydrate counting for people living with diabetes.

This program is for:

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

Carb Counting aims to:

- supplement education people receive from their health professional
- maximise health professional time in the clinical setting
- provide health professionals with a carb counting resource for people living with diabetes

Topics include:

- Identifying foods that contain carbs
- Carb counting in 15g exchanges
- Carb counting in 10g portions
- Carb counting in grams
- Working out carbs from a label
- Tools for carb counting
- Counting carbs in recipes

Encourage people living with diabetes to register today. Visit ndss.com.au or scan the QR code to start Carb Counting today



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By the end of the program, participants will:

- know what a carb is and common foods and drinks that contain carbs
- be able to use several methods to count carbs
- be able to count carbs in recipes and food labels
- have access to recommended websites and apps to help them count carbs

Participants can pick one topic or do all 11; Carb Counting is an interactive program designed for people to learn at their own pace, in the comfort of their own home.

Topics include:

- Identifying foods that contain carbs
- Introduction to carb counting in 15g exchanges
- Introduction to carb counting in 10g portions
- Introduction to carb counting in grams
- Working out carbs from a label
- Tools for carb counting
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