



Carbohydrate Counting



Carbohydrate Counting is a key strategy to managing diabetes. This narrated PowerPoint describes carbohydrate counting tips for health professionals which will enable you to help patients keep their blood glucose levels within their target range.

Learning Objectives:

- State what carb counting is and why it is important to manage diabetes
- State carb targets for meals and snacks
- Identify resources to learn carb content of foods
- Explain how to calculate insulin to carb ratios
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To view this 45-minute webinar, please register on <http://www.snhahec.org> under *UPCOMING EVENTS*.

Faculty: Della Flanagan, RD

The content may take several minutes to download. Please be patient. Once you view the webinar, there will be a link to a post-test and evaluation. You must complete these to receive credit for completing the course. Contact gsavinelli@snhahec.org to receive a credit documentation form and certificate.

Continuing Education:

Nurses

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours. Activity Number: 1171

Physicians

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.