



Diabetes: Healthy Eating

Join a Registered Dietitian to learn about:

- how carbohydrates, proteins and fats affect blood sugars
- when and how often to eat meals and snacks
- higher fibre foods
- the Healthy Plate model.

Class Type	Date	Time	How to Register
Online or In-Person	See online course catalogue	See online course catalogue	Call 1-825-404-7460 (Line 1) to register.

Who can register?

Adults and/or their caregivers who live in [Edmonton Zone](#) and who are physically present in Alberta during the session.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.