



## CARBOHYDRATE AWARENESS



### AIM:

This short topic raises staff awareness of the **importance of carbohydrates in diabetes management**. It can also be used as an **introduction to carbohydrate counting**.

The focus is to:

- ✓ Understand the importance of carbohydrate awareness, especially for people living with insulin-treated diabetes.
- ✓ Be able to estimate the carbohydrate content of commonly consumed foods.

### DURATION:

⌚ The topic will take roughly **30 minutes to complete**.

The completed topic will generate :

- a certificate
- reflection form for revalidation and appraisals



**Start the Carbohydrate Awareness topic today!**

- **Sign in to CDEP or**
- **See if the topic has been added to your Trust's LMS or ESR.**



For more information, pls email us on [info@cdep.org.uk](mailto:info@cdep.org.uk)

