

New resource for health professionals



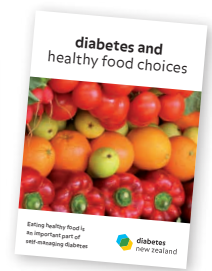
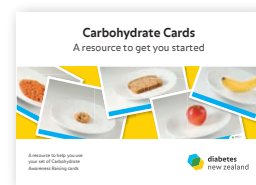
Carbohydrate cards

This set of cards is a useful resource to raise awareness of foods containing carbohydrate.

The cards have been designed as a visual aid to enhance learning about the role of carbohydrate and diabetes management.

Each set contains:

- 38 laminated, double sided cards, showing photos of commonly eaten foods and the amount of carbohydrate.
- A 20 page resource guide to get you started and show examples of how you can get the most from the cards
- A copy of diabetes and healthy food choices pamphlet



Cost: \$50 (includes GST and postage)

To order your copy please post this form to:

Diabetes New Zealand, PO Box 12441, Thorndon, Wellington 6144

or you can send by email to: admin@diabetes.org.nz

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