

Join our workshop...

Diabetes: Eating for Health, 27 March 2025

Take your understanding of diabetes and dietary management to the next level with our **"Diabetes: Eating for Health"** workshop! Designed for healthcare and social care professionals, including chefs, cooks, and kitchen staff, this session provides practical insights into how food impacts diabetes control.

Building on the foundational knowledge shared in our **"Diabetes Awareness"** workshop, this interactive session explores:

- The relationship between food and diabetes management.
 - Strategies for planning and preparing menus.
- Helpful resources to enhance your ability to support individuals living with diabetes (including multi-cultural information to ensure person-centred, inclusive support).

This workshop offers tools and knowledge to make a meaningful impact on the lives of those living with diabetes. Don't miss the opportunity to enhance your skills and confidence in delivering appropriate dietary support!

1pm – 4.30pm, SCA members £50, non-members £100

This training has been developed by DUET diabetes Ltd and will be led by an experienced diabetes educator (includes a printed delegate pack and certificate)

Learning outcomes: by the end of this workshop you should be able to

1. Be able to give a brief definition of what diabetes is	5. Be aware of the 'Eatwell Guide' / healthy eating plate	9. Know what can contribute to insulin resistance
2. Know how diabetes develops	6. Know which foods cause blood glucose levels to rise	10. Know 'good' fats from 'bad' fats
3. Be able to name the two main types of diabetes	7. Know which foods are better for keeping blood glucose levels stable	11. Know which type of foods contain the most calories
4. Know what 'normal' blood glucose levels are	8. Understand what is meant by 'carb consistency'	12. Know which type of foods contain the most nutrients

To book places either

email Sarah-Jayne at SCA:
sarah@scaservices.org.uk

or book

via the SCA events page:

<https://scaservices.org.uk/events/month/2025-03/>

Tea and coffee will be provided during refreshment breaks.

Venue: Suffolk Care Association (SCA), Needham Market, Suffolk, IP6 8NZ