



# Diabetes Nutrition Course

## 5 September 2019

### Introduction

This course aims to equip the multidisciplinary diabetes healthcare providers with basic and essential nutrition knowledge on diabetes. This helps to create an awareness to the healthcare, social service and non-profit sector on the role of nutrition in the outcome of diabetes management.

### Course Objectives

This course aims to:

- educate the multidisciplinary diabetes healthcare providers with **basic yet essential** nutrition knowledge on diabetes
- debunk misconceptions surrounding diet and diabetes
- enhance the importance of using self-blood glucose monitoring as a tool to better achieve the control of blood glucose level and to see how different food affect blood glucose level

***This course is not meant to enable participants to provide Medical Nutrition Therapy to diabetic patients.***

### Course Outline

- Nutrition in diabetes management
- Diabetes nutrition recommendations – current updates
- “Diabetic diet” – Facts and Fallacies
- Eating with Diabetes
  - How foods affect blood glucose levels
  - Types of carbohydrate
  - Carbohydrate counting
- Meal Planning with Diabetes
  - 8 golden rules
  - Dietary modification – beyond carbohydrates
- Glycaemic Index and mixed meals
- Importance of SBGM
- Tracking hypes and hypos
- Eating out
  - Hawker treats
  - Restaurant dining
  - Difficult foods and choices
  - Getting the balance right
- Armchair supermarket tour
  - Label reading in meal planning
  - Nutrient claims

### Course Details

Date	: 5 September 2019
Duration	: 1 day
Time	: 9.00 am - 5.00 pm
Venue	: Academia
Fee	: S\$ 205 per pax (SingHealth) (incl of 7% GST) S\$ 230 per pax (Regular)

### Target Audience

Allied Health Professionals and Nurses providing clinical care to diabetic patients only.

### Teaching Faculty

#### Ms Eunice Goh

Eunice is a Senior Dietitian at Singapore General Hospital. She graduated with a Bachelor of Science (Hons) in Food Science and Nutrition from University Sedaya College International, Malaysia and a Masters in Nutrition and Dietetics, Flinders University, Australia. Her current clinical responsibilities include managing patients with diabetes. She is an accredited DAFNE facilitator and is also involved in training dietetic students.

She has also been awarded the Health Manpower Development Plan (HMDP) in Advanced Practice Training for Nutrition in Diabetes and the Elderly, which she completed at Joslin Diabetes Center, Boston, USA in February 2015.

### Registration

Ms Amelia Lim  
Email: amelia.lim.j.t@sgh.com.sg



### Quick links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)



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## Registration Slip

# Diabetes Nutrition Course 5 September 2019

**Submit your registration form to Ms Amelia Lim at [amelia.lim.j.t@sgh.com.sg](mailto:amelia.lim.j.t@sgh.com.sg) by **5 August 2019!****

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [Terms & Conditions](#) of PGAHI.

**Quick links:** [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

### PARTICIPANT'S PARTICULARS

Name *(to be reflected on cert)*:

Contact no.:

Email:

Profession:

AHP *(please indicate)*: \_\_\_\_\_  Doctor  Nurse  Others: \_\_\_\_\_

Department:

Organisation:

PRN/ MCR/ Nursing no. *(if applicable)*:

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **5 August 2019**. There will be no refund of course fee for cancellation on or after **5 August 2019**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

- For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Ms Amelia Lim, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.
- For **invoice to organisation**, please complete the below billing details:

### BILLING DETAILS

Bill to:

Billing address:

Attention invoice to *(name & department)*:

Email of addressee:

Contact no. of addressee:

- I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.