

# Diabetes Nutrition Course

## 14 September 2023

### Introduction

This course aims to equip the multidisciplinary diabetes healthcare providers with basic and important nutrition knowledge on diabetes. This helps to create an awareness in 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 multidisciplinary diabetes healthcare providers with basic yet important nutrition knowledge on diabetes
- Debunk misconceptions surrounding diet and diabetes
- Emphasize 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 foods affect blood glucose levels

*\*This course is not meant to enable participants to provide Medical Nutrition Therapy to patients with diabetes.*

### Course Outline

- Nutrition in diabetes management
- Diabetes nutrition recommendations – current updates
- Eating with Diabetes
  - How foods affect blood glucose levels
  - Types of carbohydrate
  - Quantifying carbohydrates
- Meal Planning with Diabetes
  - 8 golden rules
  - Dietary modification – beyond carbohydrates
- Armchair supermarket tour
  - Label reading in meal planning
  - Nutrient claims

### Target Audience

Healthcare Professionals (excluding dietitians) who wish to acquire basic nutrition knowledge in providing clinical care to diabetic patients.

### Course Details

- Date : **14 September 2023 (Thursday)**  
Time : **9.00 am – 12.30 pm**  
Duration : **Half day**  
Device : **Laptop/ Desktop**  
required *(with microphone, speaker and webcam)*  
Platform : **Zoom Cloud Meetings**  
*(Meeting details will be provided at a later date)*
- Fee : **S\$230 per pax** (SingHealth)  
**S\$260 per pax** (Regular)  
*(the prevailing GST applies)*

### Teaching Faculty

#### Ms Eunice Goh

Eunice is a Principal 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.

### Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **10 August 2023, Thursday**.



<https://www.form.gov.sg/64461e5b7f1c000012834eff>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.

### Quick Links:

- [FAQs](#)
- [PGAHI Programmes](#)
- [Training Calendar and Directory](#)