



What will I learn?

Learning objectives:

- Recognize relationship between food and blood sugars
- Learn how to balance your plate with proteins and vegetables
- Plan menus and snacks that work to control YOUR blood sugar levels
- Determine how to use the nutritional food label and other nutrient counting tools
- Calculate total grams of carbohydrate per meals and snacks

CONTACT INFO

To enroll in a monthly class or request more information, please call 253-403-1726 (Allenmore) or 235-697-1356 (Puyallup)

Provided by MultiCare Diabetes & Nutrition services. Insurance benefits will be confirmed prior to participation.

ALLENMORE HOSPITAL
BUILDING B
1ST FLOOR
CLASSROOM
*2ND WEDNESDAY
OF THE MONTH
10:30 – NOON

GOOD SAMARITAN
DIABETES AND
NUTRITION CLINIC,
PUYALLUP

*3RD THURSDAY
OF THE MONTH
11:00-12:30

**Class dates and times may vary over the year.*