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* Weighing and Measuring
* To count or not to count?
* Using food labels
* Working with Recipes
* ‘Guestimating’ Carbohydrates

Seminar Room, Holly Outpatients, Hinchingbrooke Hospital

Wednesday 20th February 2019, 4:00 – 5:30pm

Friends and Family welcome!

**To sign up, please email** [**katy.sparrow@nhs.net**](mailto:katy.sparrow@nhs.net) **or speak with the Dietitian when you are next in clinic.**

The Paediatric Diabetes team are proud to present…

**Carbohydrate Counting REFRESHER SESSION**