Should I Eat This or This?
Managing Your Diabetes

Satellite Conference and Live Webcast
Wednesday, October 20, 2010 2:00-4:00 p.m. (Central Time)
3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

Following a proper meal plan is crucial when managing diabetes, and these days following a diabetic diet is often much easier than patients think. Using exchange lists is one way of ensuring your patient is getting the right mix of calories, carbohydrates, and other nutrients without having to give up all of the foods they love. Program faculty will discuss this and other methods of meal planning to help keep your diabetic patient healthy and satisfied at the same time.

Program Objectives

1. Verbalize how the American Diabetes Association (ADA) Exchange System is used in meal planning.
2. Verbalize how to calculate grams of carbohydrates in a meal.
3. Verbalize the units of insulin per gram of carbohydrate.
4. Verbalize similarities and differences between the ADA Exchange System and Carbohydrate Counting as methods of blood glucose control.

Faculty

Linda Jennings, MS, RD, LD
Nutrition Assistant Administrator
Alabama Department of Public Health

The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (expires January 28, 2011)

Conference Details

Target Audience: Alabama Department of Public Health home health nurses, and other professionals who provide care for patients with diabetes.
Continuing Education: Nurses 1.8 hours
Registration: www.adph.org/alphtn
Technical Information: To receive complete technical information you must register at www.adph.org/alphtn.
   Satellite - Live satellite conference on C band (analog).
   Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphtn.
   Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.
   On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.
Conference Materials: Posted on our website approximately one week before the program for registered participants.

Alabama Public Health Training Network