



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



DIABETES NUTRITION

Date: Wednesday, November 19

Time: 8:30 a.m. and 3:45 p.m.

*Only 15 minutes each session

[Register Here](#)



We will learn about:

- How nutrition affects diabetes
- How to set up a healthy plate
- The best carbohydrates to consume
- Healthy snacking ideas