

Diabetes Nutrition Advanced Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link or the video.

Use the QR code at left to access the entire video library. You can watch the below videos or any video in the HealthClips library at any time.

Reading the Food Label When You Have Diabetes



Watch this [video](#) to learn how to read a food label, and why using it can help you choose healthy foods for your diabetes management.

Health Minute: What Is Carbohydrate Counting?



Watch this [video](#) to learn how to control the amount of carbohydrate you eat to help you manage your diabetes.

Diabetes Management: Counting Carbohydrate Choices



Watch this [video](#) to learn how the 'choice' method of carbohydrate counting can help you take greater control of your blood glucose level.

allinahealth.org