



Gloria Tsang, Registered Dietitian

Gloria Yan-Yan Tsang, registered dietitian, newspaper columnist, and author of 6 books published in the US, Hong Kong, and China. She also found a plant-based food company; “Eat better, not less” is her motto.

Session: *Healthy eating strategies for diabetes*

- Objectives:**
1. Understand how food may affect your blood sugar
 2. Learn meal planning strategies to manage your blood sugar levels
 3. Learn how to utilize food labels and Nutrition Facts tables to make smart food choices

Date: Day 1 – Saturday, November 19, 2022