*There is no pre-class email for this class, since it’s Class #2 in the Diabetes series.*

Thank you for joining us for the *Eating for* *Diabetes* virtual class.

Attached are four (4) documents which contain the following:

* The slides for today’s class
* A handout that shows the amount of carbohydrate in common foods
* Information about eating at restaurants or away from home
* Information about sugars and artificial sweeteners

Thank you for your participation in this class. We look forward to working with you again.