



A https://diabetes.guantiacare.com/home/hopewarshaw_login

QUANTIACARE"



EatSmart™ with Hope Warshaw

EatSmart™ breaks the topic of eating with diabetes into 10-minute digestible slices with quick and practical tips you'll want to use right away. Explore your current eating habits and learn how to shift food choices to eat healthier.



EatSmart** was designed and authored by Hope Warshaw, MMSc, RD, CDE, nationally recognized dietitian and diabetes educator, and author of best-selling books published by American Diabetes Association (ADA), including Real Life Guide to Diabetes and Diabetes Meal Planning Made Easy, Hope is an often quoted diabetes nutrition expert and has appeared on Good Morning America, CNN, TV Food Network, and frequently contributes to Diabete. Along magazine

EatSmart™ with Hope Warshaw

Go to eatsmart.quantiacare.com from your smartphone's browser or search for EatSmart™ on the App Store or Android Market.





*IOS 4.0 or greater, Android OS 2.1 or greater

Apple, iPhone, and iPod touch are trademake of Apple Inc., registered in the U.S. and other countries. IPad is a trademake of Apple Inc. App Store is a service mark of Apple Inc. Android and Market Place are trademarks of Occode Inc.