

The webinar will begin shortly.



Carbohydrates for sustained energy and blood sugar management

Presenter: Veronica Kohtz Valdivia, RD, LD, CWWIS

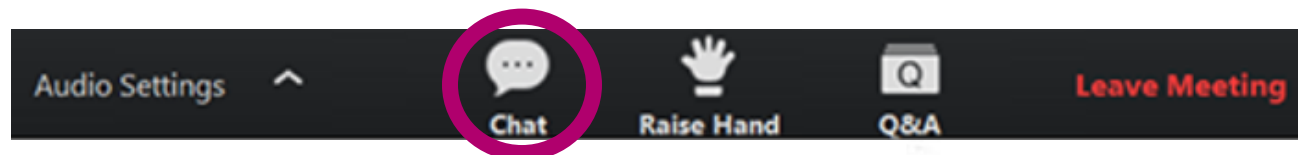
Moderator: Natasha Astrakhan

November 19, 2025



Reminders

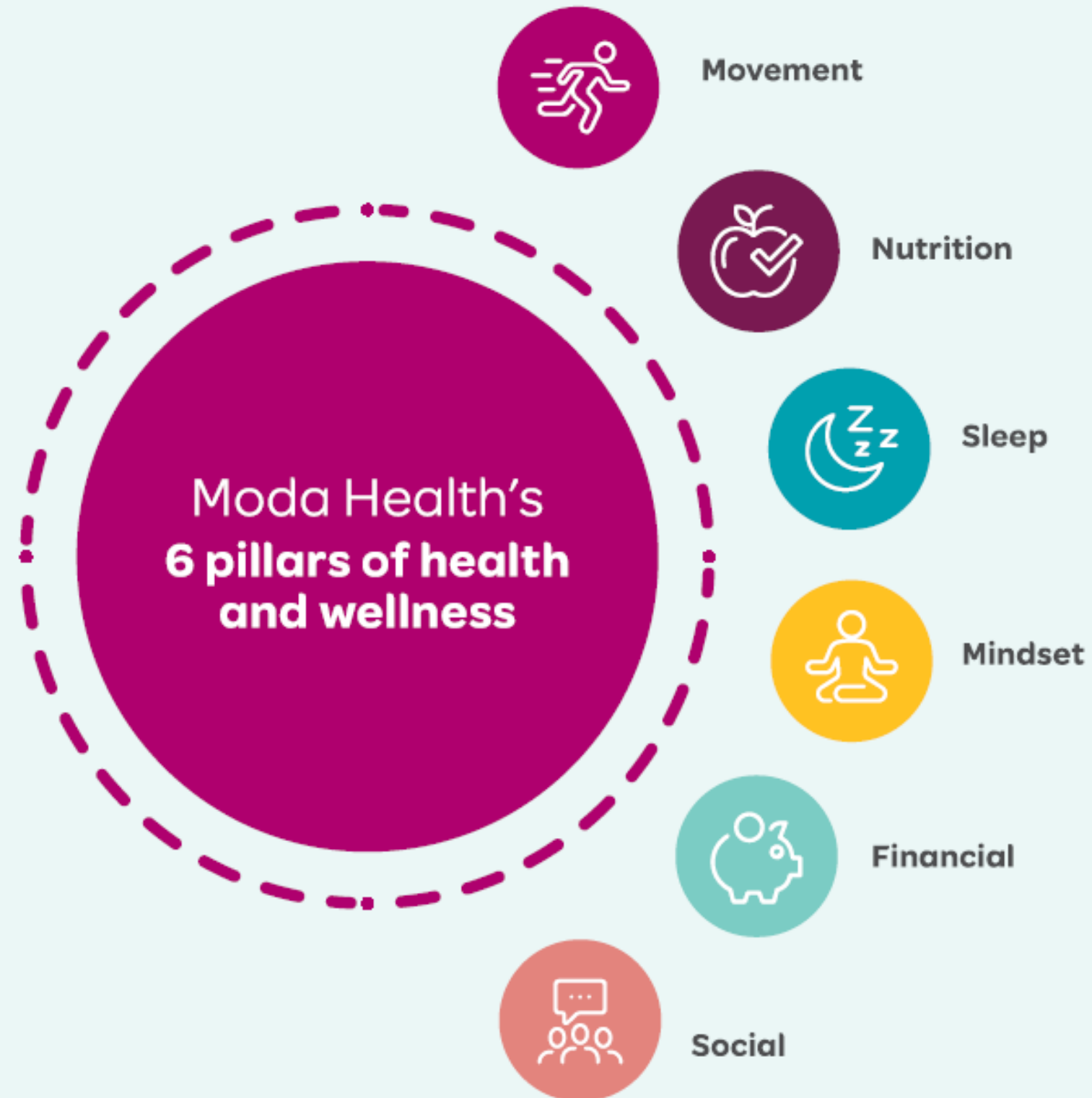
- **Today is about you!**
 - Please participate in the way that you are most comfortable
- **Questions are always welcome!**
 - Please use the chat to All Panelists or All Panelists & Attendees
- **Closed Captions**
 - Toggle on/off
 - Language options
- **Technology!**
- **This webinar recording and slides will be emailed tomorrow**



To: All panelists and attend... ▼

| Your text can be seen by panelists and other attendees







Carbohydrate breakdown

**Which nutrient is
your body's
preferred source of
fuel (energy)?**

A. Protein



B. Carbohydrate

C. Fat

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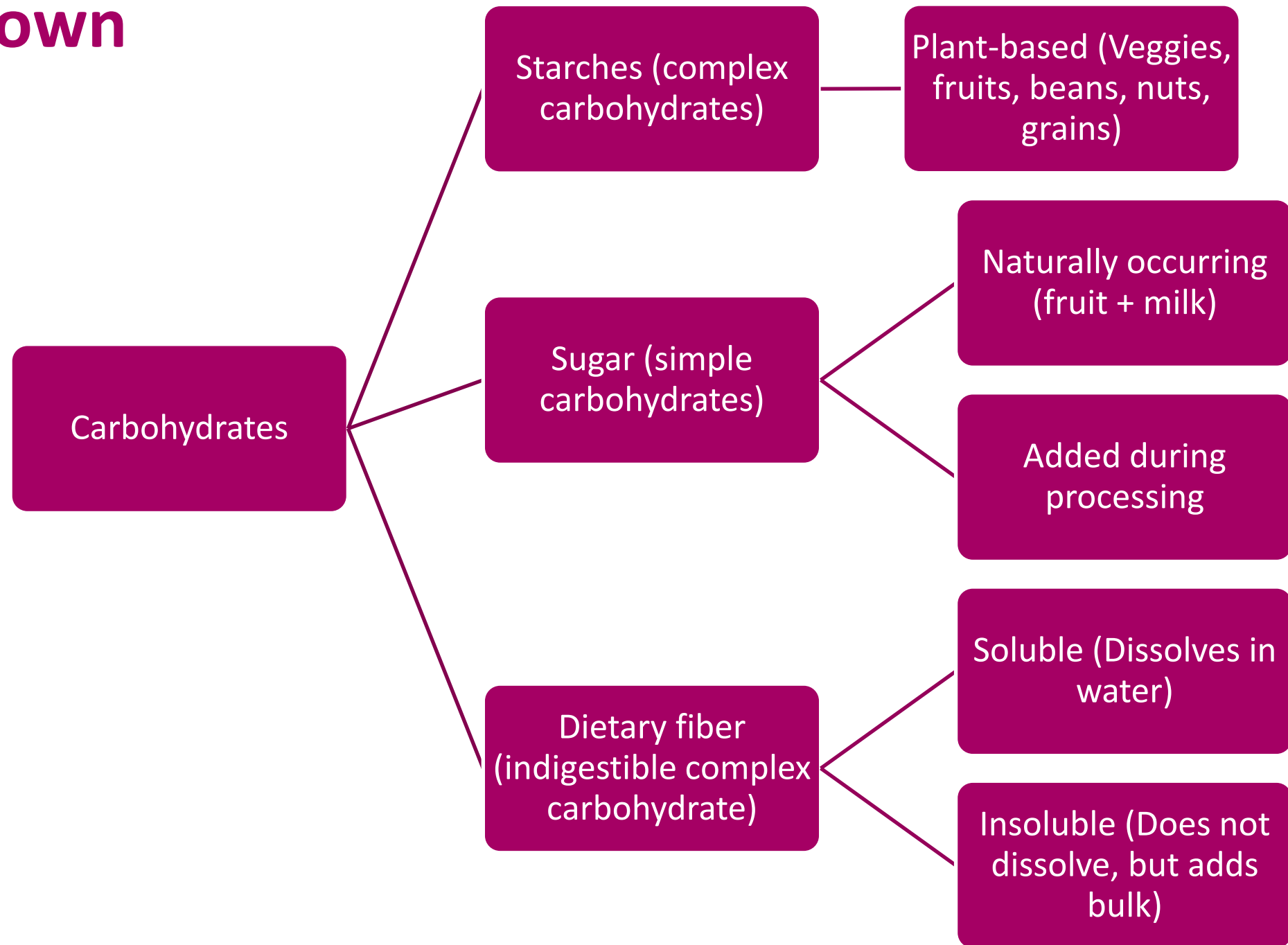
A. Protein



B. Carbohydrate

C. Fat

Carbohydrate breakdown



Carbohydrates are in *almost* everything

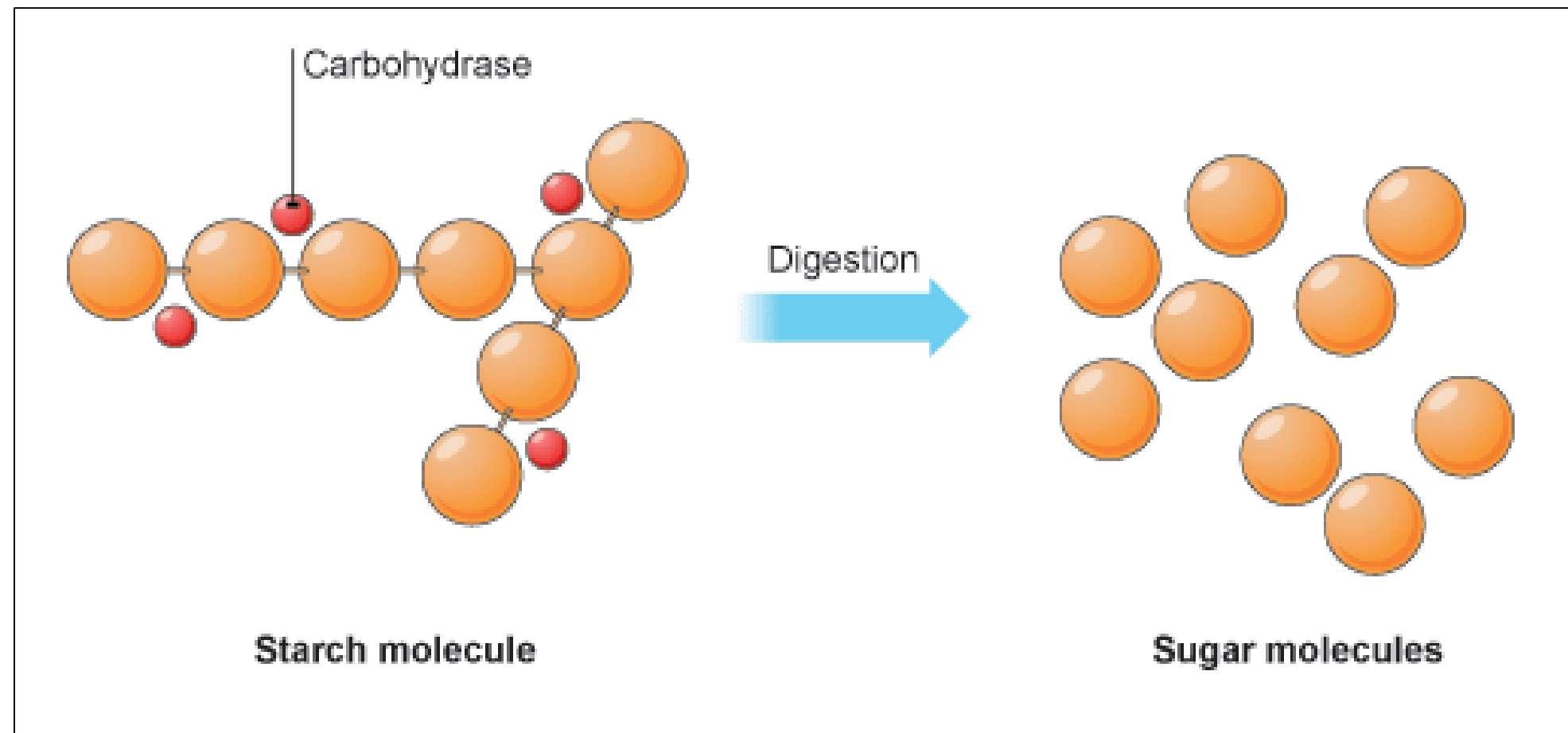


Simple and complex carbohydrates both play an important role in our diet.

**Meats, eggs, oils,
cheeses, and butter
contain very low to no
carbohydrate.**

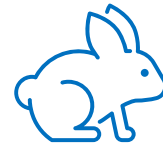
Digestion

Complex carbs (starches) are broken down into simple carbs, or single sugar molecules.



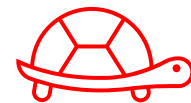
Carbohydrates and blood sugar

- **Simple Carbohydrates**

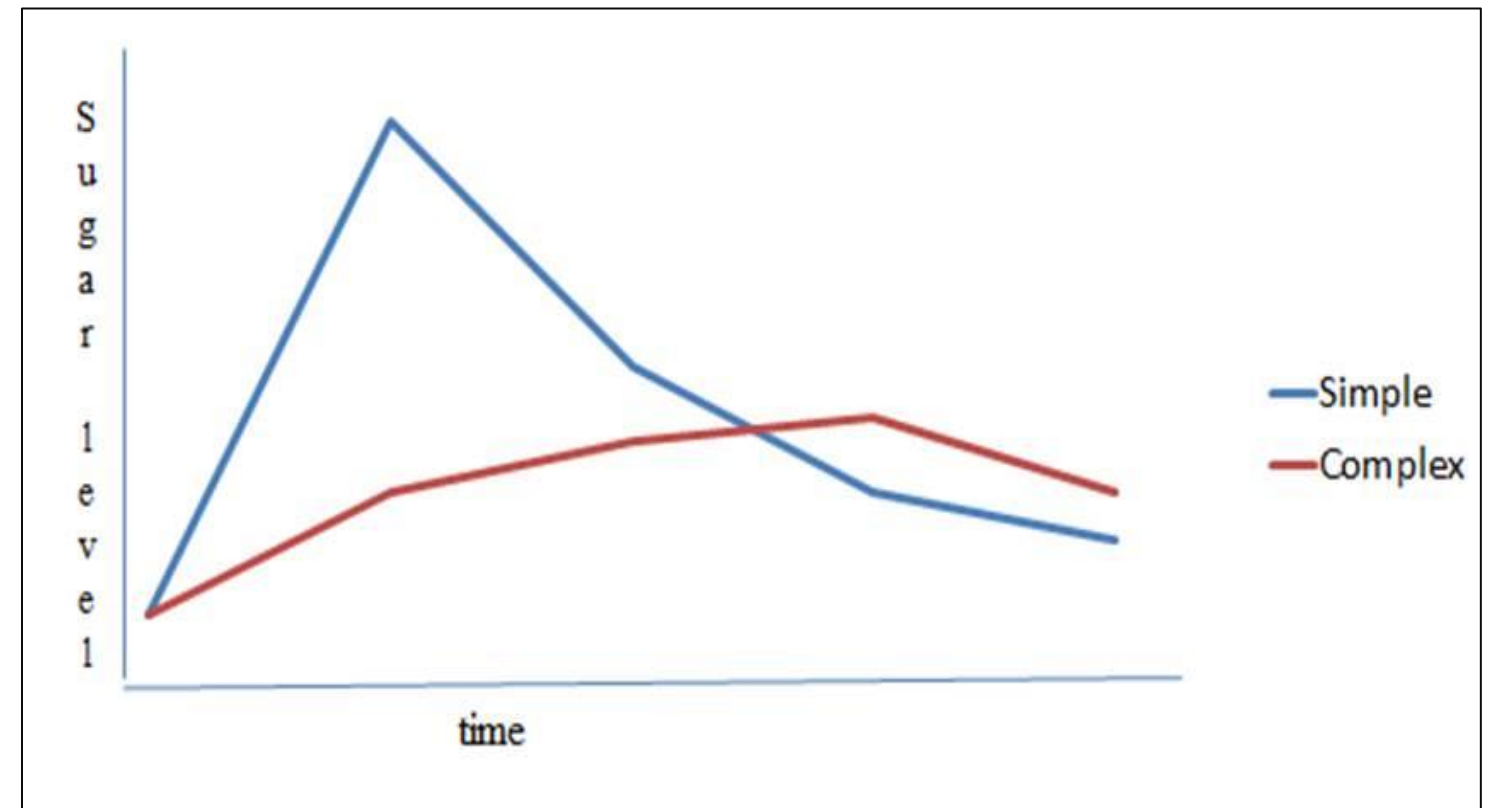


- Broken down quickly
- Blood sugar spikes and then falls
- Beneficial right before exercise and for treating hypoglycemic events

- **Complex Carbohydrates**



- Digest slowly
- Steady supply of glucose, or sugar, to the blood
- Maintain energy throughout day





Blood sugar stability

Why is it important to maintain a stable blood sugar level?

A. Decreases chances of developing diabetes and other chronic diseases

B. Maintains energy (mental and physical)

C. Supports a healthy body weight

D. All of the above

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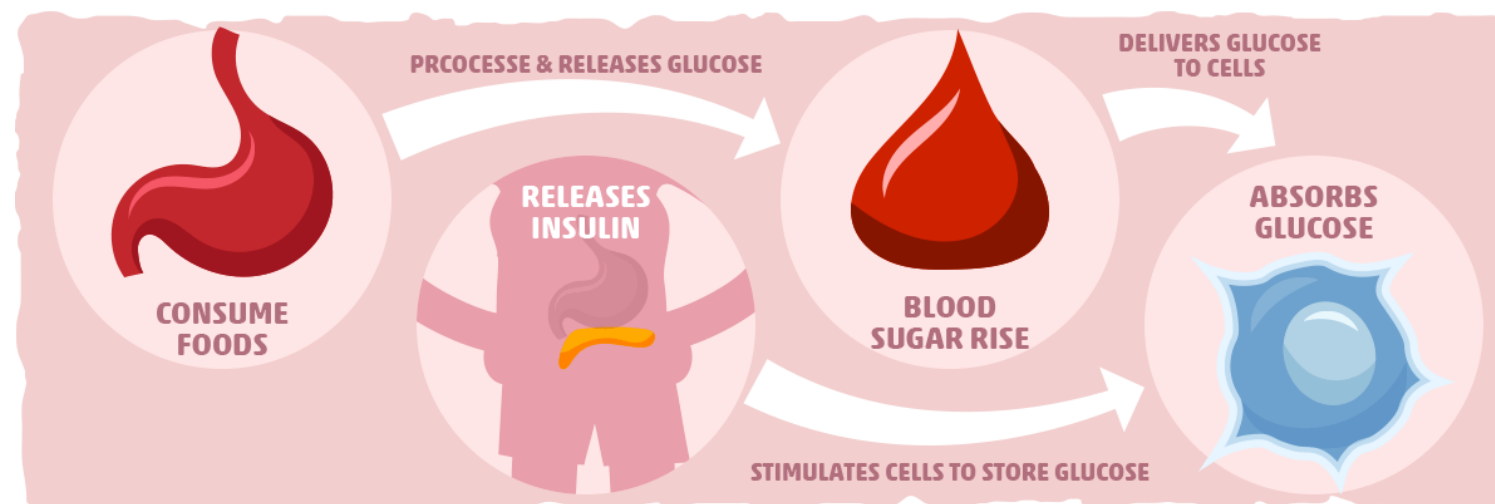
C. Supports a healthy body weight

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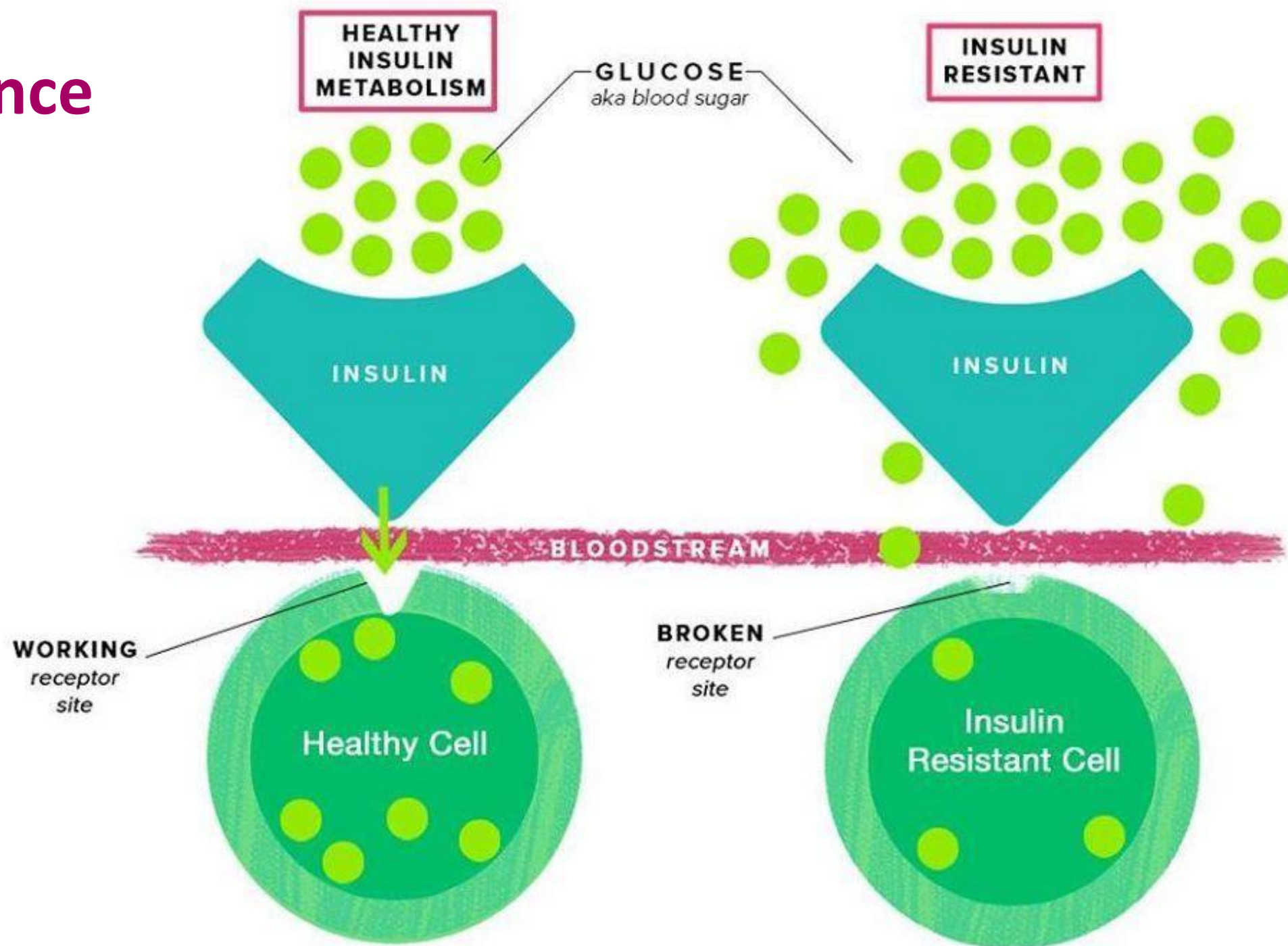
Benefits of blood sugar stability

Decreased chance of developing pre-diabetes or diabetes (type II)

- Blood sugar spikes followed by drops are extremely hard on organs and damages cells
 - *increase the risk of heart disease and stroke, kidney disease, vision problems, and nerve problems.*
- Insulin resistance
 - *Hyperglycemia* = Glucose (sugar) accumulates in blood
 - *Hypoglycemia* = extremely *low* blood glucose; irritable, shaky, lightheaded, can be lethal



Insulin resistance



Benefits of blood sugar stability

- Your body, including your brain, needs glucose to use as energy for proper functioning
- Supports a healthy body weight
 - Prolongs satiety
 - Simple sugars are quickly digested and leave us hungry for more food
 - Fewer cravings for sweet foods

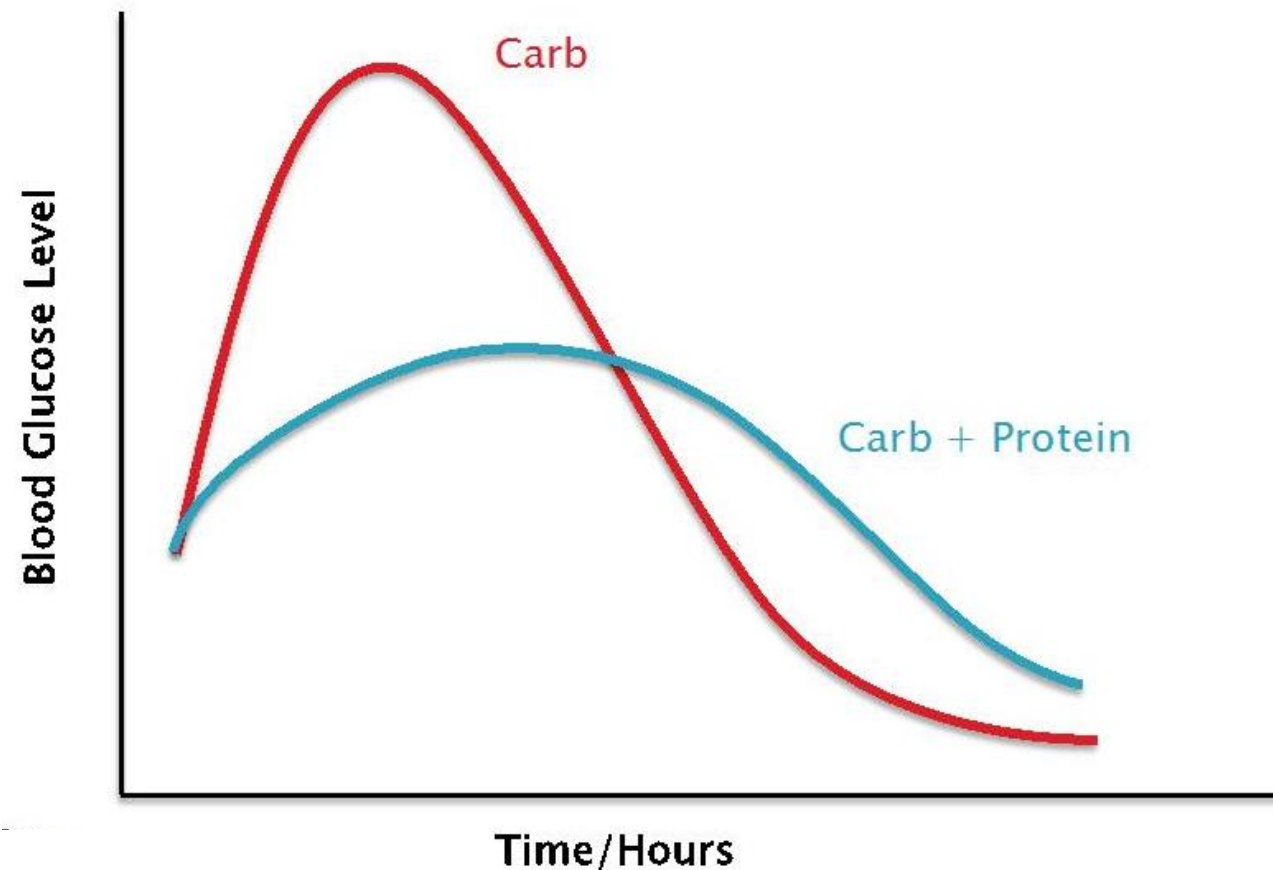




Finding balance

Balance is key

Combining carbohydrates with fat and/or protein helps stabilize blood glucose level



Snack ideas

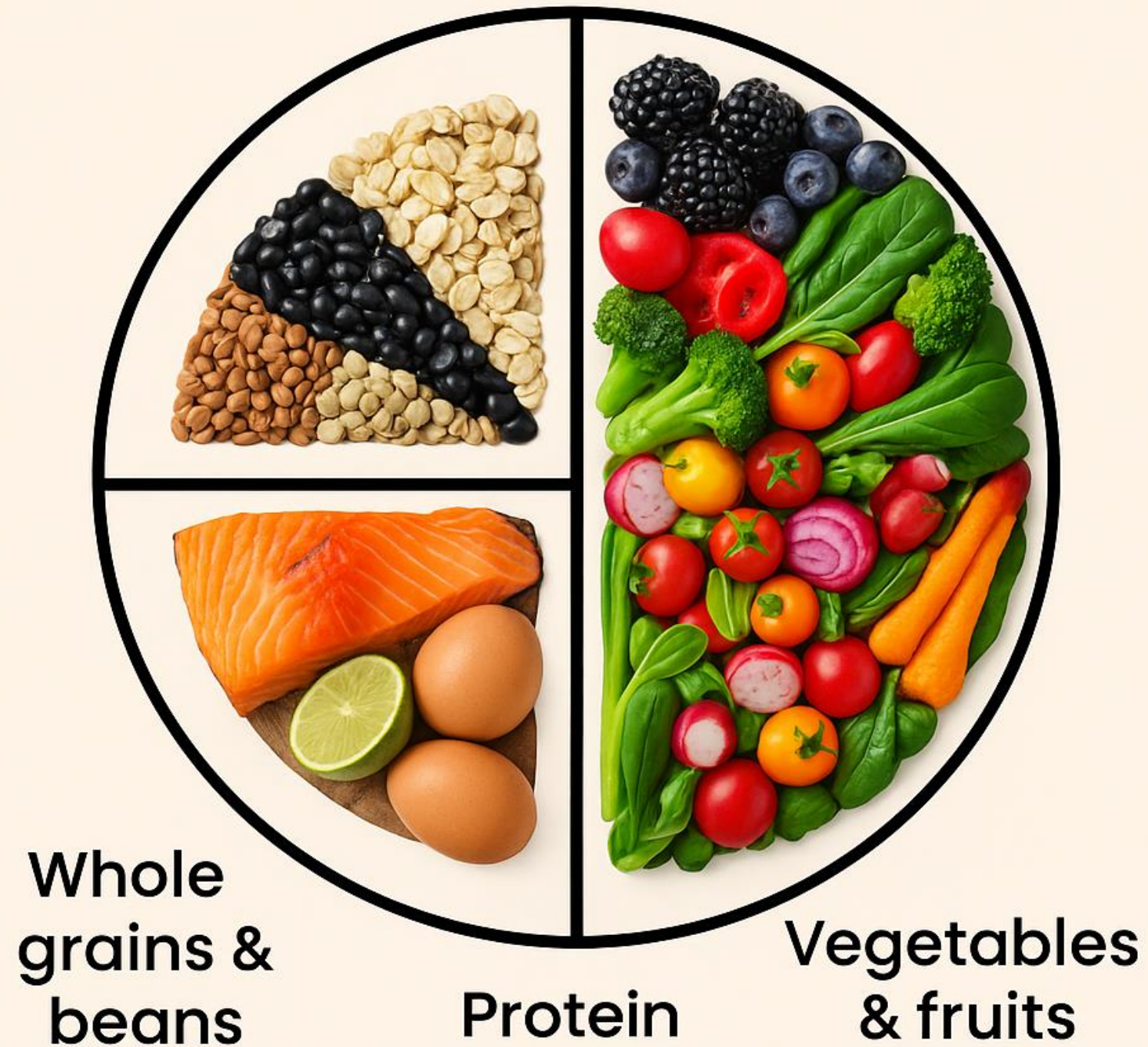
- Banana + peanut butter
- Popcorn + cheese
- Whole grain chips or veggie sticks + salsa + greek yogurt
- Bagel + spread + deli meat or tofu slices
- Hummus + veggies + crackers
- Fruit + string cheese/cottage cheese

Understanding nutrition facts labels

- **Reading Nutrition Fact Labels**
 - When assessing carbohydrate content, look at three things:
 - Serving size
 - Number of servings per container
 - Grams of total carbohydrates per serving
- **Total Carbohydrate:** Includes sugar, starch and fiber.
 - Fiber does not digest, so it can be subtracted from the total carbohydrate grams.
 - Aim for 25-30g fiber per day
 - Natural vs added sugar
 - Dietary Guidelines for Americans recommends limiting added sugar in the diet
- **Other Macronutrients**
 - Protein and fat content
- How can I adjust my meal to get the greatest health benefit?



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Takeaways

- Whole grains & beans
 - Complex carbohydrates
 - Fiber
- Protein
 - Help stabilize blood glucose
- Vegetables & fruits
 - Add fiber and carbohydrates
- Fat
 - Helps stabilize blood glucose

Moda's Pre Diabetes Group Health Coaching Program

You must be a Moda Health and OEBB member, 18 years or older, and complete the CDC screening to qualify

- Participate in regular live group coaching sessions with a certified health coach
- Receive
 - a free Fitbit and smart scale
 - waived co-pays and deductibles for in-network nutritionist or dietician visits
 - support from other participants with the same goals as you

Enroll and gain the skills you need to lose weight, be more physically active, and manage stress!

www.modahealth.com/oebb/pre-d

See if you are eligible:

Complete the
CDC screening
survey for
prediabetes



**We'd appreciate your
feedback!
Please complete our
post-presentation
survey.**



Thank you

