

MCPS Well Aware presents

Smart Carbs

This session cuts through the noise to explain how carbohydrates actually work in the body and why the goal isn't to eliminate them, but to choose and pair them wisely. Participants learn the difference between glycemic index and glycemic load, how fiber slows digestion and supports blood sugar stability, and why combining carbs with protein, fat, or color-rich produce can transform a meal's impact. With practical examples, simple swaps, and real-life plate-building strategies, this session empowers attendees to enjoy carbs confidently while supporting steady energy, better mood, and long-term health.



- **THURSDAY,**
MARCH 26, 2026

12:00 p.m. Webinar
(Recording will be posted to watch
at your convenience)

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

