5 Takeaways

Understanding the Microbiome Series - Carbs, Blood Glucose and the Microbiome
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1. Carbohydrates can be simple, individual sugar molecules all the way to long complex chains of sugars (e.g. fiber), that are an understudied scientific frontier.

2. Simpler sugars cause faster, larger spikes in blood glucose; while fiber slows down sugar absorption and decreases insulin requirements and Type II diabetes risk.

3. Insulin was discovered in 1921, and it is a hormone that allows glucose into muscle and fat cells; Type I and Type II diabetes have very different origins and treatment strategies.

4. Individual and unique blood sugar responses to carbohydrates are associated with the composition of the gut microbiome.

5. Eating fiber has similar impact as Ozempic! Consider spacing out carbohydrate rich meals, and aiming to increase the diversity of fiber-rich foods in your diet.