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Culinary Medicine Lecture Series

Roasting: Smart Carbohydrates and Proteins for Diabetes Care

Date: Wednesday, December 17, 2025

Time: 6:00 PM - 8:00 PM

Location: Esperance Teaching Kitchen

Learning Format: In-Person

Presentation and Speaker Information:

- Roasting: Smart Carbohydrates and Proteins for Diabetes Care
 - Laura McCain, RD
 - Jennifer Emmons, DO
 - Melissa Goodchild, RD

Learning Objectives:

At the conclusion of this activity, participants should be able to:

- State the portions of complex carbohydrates commonly recommended for individuals with diabetes.
- List three ways to promote blood glucose stabilization with a whole,-food, plant-based diet/vegetable forward diet.
- Explore the digestive microbiota and diabetes in pregnancy

Credit Designation:

- Munson Healthcare designates this live activity for a maximum of 2 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- The Munson Healthcare designates this live activity for a maximum of 2 Hour(s) Attendance w/ No Credit. Participants should claim only the credit commensurate with the extent of their participation in the activity.
- The American Osteopathic Organization recognizes *AMA PRA Category 1 Credits™* as AOA Category 2 credit. This activity will be submitted to the American Osteopathic Association-Division of CME. Designation of credit is pending approval by the AOA-CCME.
The American Osteopathic Organization recognizes American Academy of Family Physicians (AAFP) Prescribed and Elective Credit as AOA Category 2 credit. This activity will be submitted to the American Osteopathic Association-Division of CME. Designation of credit is pending approval by the AOA-CCME.

Series Disclosures:

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, Munson Healthcare will implement mechanisms to identify and mitigate relevant financial relationships with ineligible companies for all individuals in a position to control content of this activity.

Event Disclosures:

Speakers:

Jennifer Emmons, DO, Melissa Goodchild, RD, and Laura McCain, RD have no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

Commercial Support:

This activity is not commercially supported.

Accreditation Statement:

- Munson Healthcare is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.