CARBOHYDRATES...To Go!

Where can you find carbohydrates?

Best:

1. Whole grain breads and cereals
2. Fruit and fruit juices
3. Vegetables and vegetable juices
4. Low fat dairy products

Use in *moderation* or avoid:

1. Candy
2. Soda
3. Chips and processed snack crackers

Why do we need Carbohydrates?

1. It is the main fuel source for energy for exercise.
2. It also a key element for fatigue prevention and mental focus.
3. Foods high in complex carbs also give the body a lot of vitamins and minerals such as the B vitamins and antioxidants like vitamins A and C.
4. Whole grains, fruits and vegetables will provide fiber for your body to help with cancer prevention and regularity.

How much do I need?

You must get enough carbohydrates to fuel muscles and the energy output of your workout!

- It is a good idea to eat quality carbohydrates throughout the day
- Eating less than 5 grams of carbs per Kg body weight will not allow for performing at your best
- If you are in a sport that requires a lot of starting and stopping (such as soccer or basketball), you likely will need at least 7-8 grams of carb/Kg body weight
- If you are in an endurance sport such as cross country or distance swimming, then you may need 8-10 grams of carb/Kg body weight
- Within 30-60 minutes after exercise, aim for at least 40 -60 grams of carbs to replace glycogen used up during exercise

Male basketball player
Ht = 6'7'
Wt = 260 (118.2 kg)
Carbohydrates need = 887 grams/day
118.2 kg x 7.5 = 887

Female cross country runner
Ht = 5'6"
Wt = 140 pounds (63.6 kg)
Carbohydrate need = 573 grams/day
63.6 kg x 9 = 573

Sugar
Good or Evil??

Sugars are listed under total carbohydrate on food labels and are found in most foods. Fruits contain simple sugars but also contain fiber, water, and vitamins\minerals, which make them a healthy choice, too. Snack foods, candy, and soda, on the other hand, often have large amounts of added sugars. Although carbohydrates have just 4 calories per gram, the high sugar content in soft drinks and snack foods means the calories can add up quickly, and these "empty calories" usually contain few other nutrients.

Total grams carb in one serving

Nutrition Facts

Serving Size 1 cup (85g) (3 oz.)
Servings per container 2.5

Amount per serving
Calories 45 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	

Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300mg	375mg
Dietary Fiber	Less than	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Carrots.

FIBER

Dietary fiber itself has minimal calories and is a necessary part of a healthy diet. High-fiber diets promote bowel regularity, may help reduce the risk of colon cancer, and can help reduce cholesterol levels. Goal is to find foods that have 3 or more grams per serving.

Glycemic Index

What you need to know!

The idea behind glycemic index (GI) is that certain foods digest slower/faster that others. Depending on the GI of the food, you would eat it before, during or after exercise. However there are may limitations to determining the GI of foods. A food can change its GI number due to individual responses to the food, variability of a food such as what kind of soil it was grown in or even where it was produced, if it is combined with other foods and even the time of day it was consumed. Don't put too much value in this number!

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