

Carbohydrates

PREFERRED ENERGY SOURCE

- Carbohydrates are the body's preferred energy source during exercise
- Adequate carbohydrate stores are crucial for optimal energy and athletic performance
- Adjust carbohydrate intake with exercise. During periods of high training demands, increase carbohydrate intake.



CARBOHYDRATE CHECKLIST:



- Include carbohydrates at every meal
- Have a carbohydrate-rich snack 30-60 minutes before exercise to maximize energy level
- Include carbohydrates in post-workout snack or meal to help replenish energy stores
- Complex carbohydrates provide long-lasting energy, fiber, vitamins and minerals. Choose complex carbohydrates at meals.
- Simple carbohydrates provide energy quickly. Choose simple carbohydrates before and during exercise.

TYPES OF CARBOHYDRATES

COMPLEX

Choose at meals

- Whole Grains
- Fruit
- Potatoes/Sweet Potatoes
- Beans
- Lentils

SIMPLE

Choose before and during exercise

- Granola Bar
- Fruit Snacks
- Applesauce
- Dried Fruit
- Sports Drink



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