

# Carbohydrates & Carb-Loading

Fully fuel your muscles! One to two days before an important game or sports event, eat carb-rich foods at every meal with a smaller serving of protein.

NOTE: Limit fatty, greasy foods!

## Exercise less.

Taper your training, your muscles need time to refuel and recover.

## Eat reasonably.

Carb-loading means eating healthy carbs (cereal, bread, pasta, rice, potato, fruits, vegetables) as the focus of each meal.

## Drink extra fluids!

The day before, until your urine is a light color.



## Eat a carb-based, pre-event breakfast.

Fuel-up 1 to 4 hours pre-event with easy-to-digest carbs.

NOTE: Fill up on high *carbohydrate* foods, not high *fat* foods. The two often come together, such as *butter* on toast and *cream cheese* on a bagel.

See Best and Lesser Choices Below!



## During long events or at half-time, consume simple carbs.

Consider a sports drink or water + banana, energy bar, gummy candy, pretzels or other easily digested foods.

## After the event, refuel and repair!

Eat carbs to *refuel* your muscles, along with protein to repair your muscles.

Fill up with *high carb foods*, not *high fat foods*!

The two often come together, such as *fat* in potato chips or *cheese* in lasagna.

See Healthy Choices Below!





# Make Healthy Choices

**TIP!** Healthy carbs are not fattening! Carbs are essential to fuel your muscles.

## Best Choices

## Lesser Choices

Pre-event 1-2 Days

### Highest in Carbohydrates

- Spaghetti and pasta meals with tomato sauce
- Rice, (sweet) potato, stuffing (limit butter, gravy)
- Lentils, hummus, beans & rice, split pea soup
- Bread, English muffins, bagels, cereal
- French toast, pancakes, oatmeal
- Jam, jelly, honey, maple syrup
- Fruit for snacks: bananas, pineapple, raisins, dates
- Juices for beverages: grape, cranberry, orange, cider
- Smoothies made with blended fruit and juice
- Sherbet, sorbet, frozen yogurt
- Apple crisp, blueberry cobbler, fig bars

### Lower in Carbohydrates

- Pizza & pasta with lots of meat and cheese
- French fries, Chinese fried rice, buttery potato
- Meat-based dinners w/veggies but no starch
- Donuts, croissants, Danish pastry
- Large egg & cheese omelets, breakfast meats
- Butter, margarine, cream cheese
- Cookies, chips, high-fat snacks
- Beer, wine, alcohol
- Protein shakes, milk shakes, frappes
- Ice cream - especially gourmet brands
- Desserts made with lots of butter

## Best Choices

## Lesser Choices

Event Day: 1 - 4 hrs

### Highest in Carbohydrates

- Spaghetti with tomato sauce
- Thick crust veggie pizza
- Rice, noodles, pasta, dinner rolls
- Hummus, beans & rice, lentil soup
- Bread, English muffins, bagels, cereal
- French toast, pancakes, oatmeal
- Jam, jelly, honey, maple syrup
- Fruit: bananas, pineapple, raisins, dates
- Juice: grape, cranberry, orange, cider
- Smoothies (yogurt, fruit and juice)
- Apple crisp, blueberry cobbler, flavored yogurt

### Lower in Carbohydrates

- Lasagna loaded with meat & cheese
- Thin crust meat-lover's pizza
- Fries, nachos, fried/buttery potato
- Large steak with salad, no starch
- Donuts, croissants, pastries
- Cheesy omelets with bacon, sausage
- Butter, margarine, cream cheese
- Cookies, chips, high-fat snacks
- Milkshakes thick with ice cream
- Protein shakes (with no carbs)
- Ice cream (gourmet brands)