

CARBOHYDRATES

Carbohydrates are a major source of energy for the muscles and brain during exercise and play a key role in helping to maintain an active lifestyle.

TOP TIPS ON CARBOHYDRATES

- Eat more unrefined carbohydrates, e.g. whole wheat pasta, brown rice, sweet potatoes, lentils, whole wheat bread, whole grain cereal, oats, fruit and vegetables.
- Complex carbohydrates contain more fibre which is an integral part of a healthy diet.
- Eat less refined carbohydrates, e.g. white bread, white rice, table sugar, jam, fruit juices and packaged food with added sugars.
- Choose moderate to low glycaemic index carbohydrate foods which are more slowly digested by the body 2-3 hours before exercise.
- Sticking to foods you're used to and enjoy eating is advised.
- Porridge, brown toast pasta or rice based meals are all excellent choices.

Here are some pre-workout meal examples:

Large bowl of porridge with semi-skimmed milk + honey + banana

420 Kcal
77g CHO
12g PRO
10g Fat

Brownbread sandwich with grilled chicken breast, lettuce+ tomato

450 Kcal
60g CHO
19g PRO
Sg Fat

Medium bowl of pasta with tomato sauce

430 Kcal
77g CHO
17g PRO
Sg Fat