

# CARBOHYDRATES

## WHY DO WE NEED THEM?

### ENERGY!!!

Carbohydrates are our **MAIN** energy source. Our body breaks down carbohydrates into **glucose** to be used for energy!

### BRAIN FOOD

Carbs are your brain food! Have carbs before you study to boost your brain power and ace that test!

### TIME TO EAT

Having carbs pre-exercise can help you maximize the energy you have.

Having carbs after exercise replenishes your muscles for better and faster recovery!

### HOW MUCH?

**5-7 g/kg per day**

Example: 175 lb athlete

$175/2.2 = 79.5 \text{ kg}$

$79.5 \times 5 = 398 \text{ g}$   $79.5 \times 7 = 557 \text{ g}$

**I should eat 398-557g of carbs per day!**

### EXAMPLES

Grains: Oats, Oatmeal, Pasta, Bread, Rice, Cereal, Quinoa

Fruits: Banana, Berries, Etc

Veggies: Broccoli, Carrots, Potatoes

Other: honey, gatorade, pancakes



# CHALLENGE!

Make **3** meals this week that contain carbohydrates from each of these food groups:  
**Grains, Fruits, Veggies**

Examples:

Meal 1- **Oatmeal** with **blueberries**, side of **carrots**

Meal 2: Smoothie with **oats**, peanut butter, **banana**, skim milk, protein powder

Meal 3: Grilled chicken, **rice**, **broccoli**, salad topped with **blueberries**, **strawberries**, **cranberries**, and walnuts