



Training Tuesdays Carbohydrate for the Long Haul

Key points to remember about carbohydrate:

- Good - quality, carbohydrate rich foods provide a variety of vitamins and minerals that are vital to good health and help to drive energy production pathways.
- Carbohydrates are stored in the muscle tissue as glycogen, which the muscles utilize for fuel during training and competition.
- Carbohydrates help maintain both mental and physical stamina during exercise.
- During high intensity exercise, carbohydrate is the bodies predominant source of fuel.
- Carbohydrates help delay fatigue and enhance performance when consumed during events that have a long duration.

Good quality carbohydrate foods:

- Whole grains, such as rolled oats, quinoa, brown rice, whole wheat bread, whole grain crackers and cereals
- Whole fruits, dried fruits, fruit juice
- Milk, yogurt, non-dairy milk products
- Starchy vegetables, such as sweet potato, baked potato and winter squash contain a higher concentration of carbohydrate than other veggies.
- Vegetables

When to eat carbohydrates:

- Enjoy good quality carbohydrate - rich foods as part of well - balanced meals, 3 times per day.
- Between meal snacks could also include healthy carbohydrates.
- Allow 30 - 90 minutes for digestion between a snack/meal and exercise. (depending upon amount of food consumed)
- Consume easy to digest carbohydrates during exercise when participating in events that last greater than 90 minutes.

Examples of carbohydrate rich meals and snacks:

Breakfast:

- Oatmeal with nuts and fruit
- Yogurt with nuts, fruit or granola type cereal
- Whole grain toast with nut butter and banana
- Egg and cheese sandwich on whole grain toast

Lunch:

- Salad with leftover chicken, meat or beans. Add scoop of leftover rice or quinoa and/or some fruit for carbs
- Sandwich on whole grain bread or wrap – PB and banana **or** turkey, cheese and veggies **or** hummus with cheese and veggies
- Soup that includes potatoes, rice or pasta and salad or sandwich (½ or whole)

Dinner:

- Chicken or fish with baked potato (sweet or white) and veggies
- Pasta with sauce of your choice and a salad
- Quesadilla with beans, cheese and veggies
- Burger (meat or veggie) on a bun with salad or other vegetables

Snacks:

- Piece of fruit, alone or with small handful nuts
- Yogurt with berries
- Banana with peanut butter
- Granola bar or power balls
- Crackers and hummus

Power balls:

Recipe 1 – Combine all ingredients well. Refrigerate for 15 minutes. Roll into ping pong size ball. Enjoy.

- 1c. rolled oats (gluten free as needed)
- ½ c. ground flax or chia seeds
- ½ c. peanut or other nut butter
- 1/3 c. maple syrup **or** brown rice syrup **or** agave nectar
- ½ c. chocolate chips

Recipe 2- Combine in food processor, pulse 15 – 20 times to combine, then process for ~ 1 minute. Roll into ping pong size balls, Enjoy

- 1c. rolled oats
- ¾ c. dried cranberries
- ¾ c. pitted dates
- ½ c. peanut butter or other nut butter
- 3 tbsp. hemp seed or flax seed
- 2 tbsp. maple syrup
- 1 ½ tsp. vanilla extract
- Pinch of salt