



USSA: FUEL

Don't Fear Carbohydrates

An athlete's diet must be high in carbohydrates as it is the main fuel supply and it has a limited storage capacity in the body. Carbohydrates are starches and sugars. They are found in the following food groups – breads, cereals, grains, fruits, vegetables (starchy), legumes, dairy and the athlete food group. Most athletes do not get enough carbohydrates in their diet. Just how much you need depends on your sport, training levels and conditions.

Training Conditions

Recommended Values

Daily needs	5 - 12 g / kg body weight
Before exercise	1 – 4 g / kg
During exercise	30 – 60 g / hr
After aerobic exercise	1 g / kg
After strength session	30+ g carbohydrates & protein

Foods and Their Amount of Carbohydrates

Foods containing 25 - 50 g carbohydrates	Amount	Carbohydrates
Bagel	1	35
Bagel & jam / honey	1, 1 tbsp	51
Cereal - dried	1 cup	23
Cereal with milk	1, 1 cup	37
Fruit dried	¼ cup	28
Fruit juice	1 cup	32
Fruit raw	2 small	26
Sports bar	1	45
Sport protein bar	1	35
Sports protein-carbohydrate drink	1 cup	30
Sports drink	2 cups	30
Yogurt – low fat fruit	1 cup	28



SUCCESSFUL SPORTS PARENTING

Foods containing 60+ g carbohydrates	<i>Amount</i>	<i>Carbohydrates</i>
Banana & bagel (& 1 tbsp of peanut butter)	1	67 (71)
Candy – sugar based	60 g	60
Energy drink	2 cups	60
Juice	2 cups	60
Muesli / granola: non-toasted & skim milk	1 c / 1 c	80

Foods containing 60+ g carbohydrates	<i>Amount</i>	<i>Carbohydrates</i>
Pasta & tomato based pasta sauce	1 c / ½ c	76
Soda	3 cups	75
Sports drink	4 cups	60
Wheat cereal, skim milk & orange juice	1, 1, ½ c	69

Simple ways to eat more carbohydrates:

- Eat fruit at each meal
- Choose low fat dairy products
- Drink sports drink before, during and/or after significant training sessions.
- Make pasta, rice, potatoes or bread the major part of your evening meal.
- Eat carbohydrate rich snacks each day