



MACRONUTRIENTS FOR EVERYDAY FUELING CARBOHYDRATES



FUNCTION OF CARBOHYDRATES

1. Primary Fuel Source

Your body uses carbs mainly as fuel for In the form of glucose for your muscles, brain, heart, and other organs. Carbs are primarily used In high-intensity exercise.

2. Limited Fuel Tank (Storage)

Excess carbs not needed for Immediate energy are stored In skeletal muscle and liver as glycogen. However, your body can only store so much, so It's important to refuel with carb-rich foods after a training session. If you don't eat enough carbs every day, you'll likely experience fatigue and an overall decrease In mental and physical performance - "hitting the wall".

3. Complex vs. Simple Carbs

Keep in mind that all carbs aren't created equal. Simple carbs are highly processed and contain refined sugars and we want to limit them In our diet. Complex carbs come from whole foods and are nutrient rich.

TYPES OF CARBOHYDRATES



COMPLEX = "SLOW" ENERGY

Long-lasting carbs that are high in fiber, providing a steady and lasting supply of energy.

Grains, fruits, seeds, potatoes, pasta, peas, beans, and all other vegetables.



FIBER = "FILL UP WITH FIBER"

Plant-based compound that has a number of health benefits: improved digestion, weight management, blood sugar control, reduction in risk of chronic health conditions.

Whole grains, oatmeal, nuts, seeds, fruit, vegetables



SIMPLE = "FAST" ENERGY

Quicker digesting carbs. Provides fast energy but are lower in fiber and nutrients.

White flour, white bread, candy, chips, sugar sweetened beverages, pastries/baked goods



CARBS FOR PERFORMANCE

Eating sufficient carbohydrates before exercising can boost endurance, maintain energy levels, and enhance overall performance.