



# All About Carbs for Athletes

A **carbohydrate** is a macronutrient that functions as energy in the body



**Specific functions** in an athlete:  
Fuel muscles  
Sustain energy  
Aid in recovery

## Fast digesting (simple) carbs:

These provide immediate energy and breakdown into glucose, these are best PRE or DURING a workout.

## Slow digesting (complex):

These breakdown slowly, allowing a slower release of glucose, these are best before long workouts, or POST workout to aid recovery

## Examples of Carbs:

Pre-workout: Bread, fruit juice, honey, fruit snacks

Post-workout: whole grains, whole fruit, sweet potatoes, vegetables

