



CARBOHYDRATES

Kaylie Moss and Bailey Oliver
Dietetic Interns





WHAT IS A CARBOHYDRATE?

- **A carbohydrate is one of the 3 macronutrients**
 - **Carbohydrates**
 - **Protein**
 - **Fat**
- **Carbs function as the body's main source of energy**

IMPORTANCE OF CARBS FOR ATHLETES

- **Fuel Muscles**
- **Sustain Energy**
- **Aid in recovery**



CARBOHYDRATES

Our body's main source of energy



- **Baked Goods**

- breads, bagels, muffins, biscuits, pretzels

- **Grains**

- rice, quinoa, farro, oats, corn, wheat, cereals

- **Starches**

- potatoes, sweet potatoes, pasta, chickpeas, beans

- **Sugars**

- sweets, gatorade, chocolate milk

DIFFERENT TYPES OF CARBS



SIMPLE CARBS

Fast absorption



- **Simple carbs break down quickly and release into the blood stream**
- **they give a quick burst of energy**
- **may lead to an energy crash**
- **examples: candy, soda, white bread and rice, pastries**

COMPLEX CARBS

Slow absorption



- Complex carbs break down slowly and release into the blood stream gradually
- They contain more fiber than simple carbs
- they have essential nutrients
- complex carbs are found in whole grains, fruit, and vegetables

PRE-WORKOUT / DURING WORK OUT

- **Simple carbs are the best option for quick energy before or during workouts.**



POST WORKOUT

- **Complex carbs are best post-workout in order to repair muscles and aid in recovery**





ALL CARBOHYDRATES

- **Each one of these components plays an essential role in performance**
- **Without one of these, our performance can decrease drastically**

EXAMPLES

**PRE-WORKOUT: BREAD, FRUIT JUICE,
HONEY, FRUIT SNACKS**

**POST-WORKOUT: WHOLE GRAINS,
WHOLE FRUIT, SWEET POTATOES,
VEGETABLES**

