



GETTING TO KNOW...

Carbohydrates

CARBOHYDRATES ARE...

... our main source of energy, what our body needs to be successful in school, sport, and day to day life!

Your diet as an athlete and active person should be anywhere from 45-65% of carbohydrates, or about 1/2 your plate at every meal. Before a workout, you should have a small snack with mostly carbohydrates for quick energy. Within 30 minutes of working out, should have a snack with both carbohydrates and protein.

We should eat **MORE** of these types of carbohydrates:

Root vegetables: sweet and white potatoes, squash, beets, parsnips, carrots
whole grains: brown rice, quinoa, whole wheat
pasta and couscous, wild rice, black rice, farro, whole wheat bread/bagels/english muffins
Oats
Lentils
Beans: black, pinto, white, navy, kidney, chick peas
Pasta: whole wheat or otherwise
Dairy: yogurt, milk, kefir

Muesli
Whole grain cereals: Shredded Wheat, Bran Flakes, Wheaties, Grape Nuts
Fruits: Bananas, apples, pears, oranges, berries, mango, figs
Lima beans
Corn
Peas
Vegetables: green beans, broccoli, asparagus, spinach, tomatoes, eggplant
Popcorn

We should try to eat **LESS** of these types of carbohydrates:

White Breads
Candy
Sugar sweetened beverages: soda, fruit drinks, coffee drinks, energy drinks
Table sugar
Baked goods: cookies, brownies, pastries, muffins
Fried potato chips
French fries
Pop-Tarts
Candy Bars
"Fruit" snacks

If you have any questions,
please contact me at:

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