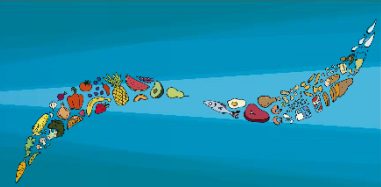


BASICS ABOUT...



CARBOHYDRATES

WHAT?

Carbohydrates are one of the three main macronutrients in our diet (the others being protein and fats). Carbohydrate is a broad category and not all carbohydrates are the same; generally the carbohydrates found in our food are split into three types; sugar, starch and fibre.

WHY?

Carbohydrates are a key source of energy in our diet. Critically, they are used to supply the energy for high-intensity exercise such as training and racing. But, they are also incredibly important for fuelling our brain, organs and immune system.

HOW?

We should eat carbohydrates from a broad range of foods but most of our intake should come from starchy foods. Sugary foods can be helpful around exercise but otherwise should be limited and although fibre cannot be digested to supply energy it plays an important role in maintaining our digestive health.

Glycaemic Index

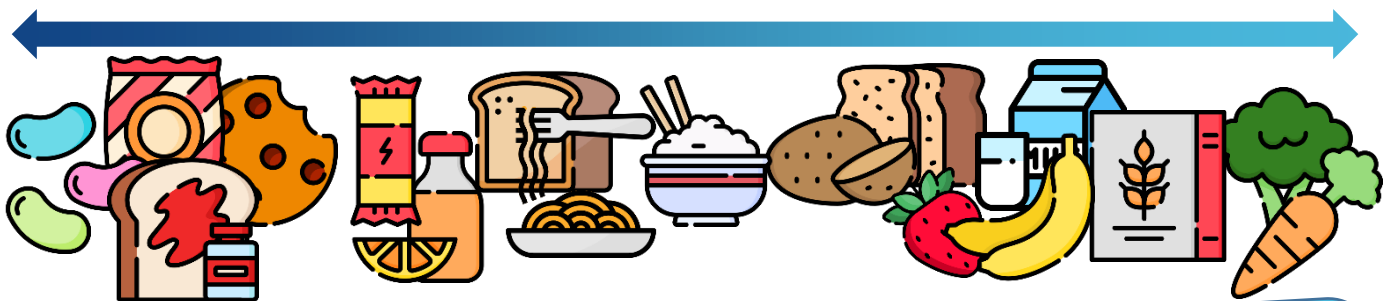
Different carbohydrate containing foods are digested and absorbed at different rates. The Glycaemic Index (GI) is used to identify which carbohydrates are quickly broken down to glucose (high GI) and which are slowly broken down (low GI).

Higher GI

Tend to be higher sugar and lower fibre
Good for a rapid energy supply

Lower GI

Tend to be lower sugar and higher fibre
Good for a slower/sustained energy supply



Each gram of carbohydrate provides 4kcal

Your brain uses between 5-7 bananas worth of carbohydrates each day!

Most carbohydrate containing foods also contain protein and fats so don't class a food as just a carb!

Carbohydrate recommendations are based on grams per kg of body weight per day (g/kg/d) and will vary depending on training, activity and growth needs

LIGHT TRAINING

3-5g/kg/d

e.g. Single training session, A1-A2 or skill based work.

HEAVY TRAINING

6-10g/kg/d

e.g. Multiple sessions in the day. VO_2 , tolerance or speed work or long duration sessions. Swimmers with increased energy needs for growth.