

Quick **Carbohydrate** Facts

PURPOSE OF CARBS

Carbohydrates are important because they are responsible for a lot of things in the body including:

- Provide energy to the muscles and the brain
- Help to refill and refuel muscles to improve recovery

WHAT TYPES OF CARBS

Strive to eat “clean” and healthy carbohydrates. Clean and healthy servings of carbohydrates include:

- Whole-Grains, brown rice, beans and legumes
- Fruits and Vegetables
 - Eat a rainbow of these to get your essential vitamins and minerals
- High Fiber (3grams and up) whole-grains, cereals and breads

HOW MUCH CARBS

For general health and fitness consume no more than 1 gram of carbohydrates per pound of body weight. So if you weigh 180lbs then should be eating a total of 180 grams of carbohydrates per day spread over 5-6 meals.

But when training hard and playing multiple sports you’ll need between 2-3 grams of carbohydrate per pound of body weight.

A serving of carbohydrates is roughly equivalent to the size of that your fist. So if you make a fist, a serving size of carbohydrates would resemble the size of your individual closed fist.

CARBS FOR FAT LOSS

If your goal is to get leaner and lose unwanted body fat then consume no more than half of your daily carbohydrate consumption should come from starches (i.e. breads, pasta, potatoes, etc.)

Replace the volume of starches with more fruits and vegetables, especially green leafy vegetables.