



# GATORADE SPORTS SCIENCE INSTITUTE

## CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

### WHAT FOODS ARE CARBOHYDRATE?

Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews

### WHAT FOODS AREN'T CARBOHYDRATE?

Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

### HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?

Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

1/3 CARBOHYDRATE

1/3 PROTEIN

1/3 CARBOHYDRATE



## PERFORMANCE CARBOHYDRATE TIMELINE

If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start

Include carbs in your recovery snack

### HELPS IMPROVE PERFORMANCE & RECOVERY

Eat a meal focusing on carbs several hours before game/practice time

Eat 30-60 g each hour of training or competition



TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

*The information in this document is grounded in sports nutrition science, translated for athletes.*