

Carbohydrates

Carbohydrates are the primary fuel for exercising muscles. A moderate to high carbohydrate (CHO) diet is advised for most sports people and athletes, especially endurance athletes.

Daily carbohydrate requirements are variable between athletes. Carbohydrate intake depends on an athlete's weight, energy expenditure, type of sport, the number of hours of training as well as environmental conditions.

An adequate daily intake of carbohydrate is essential to ensure optimal training performance, promote recovery and muscle glycogen (the storage form of carbohydrate) replacement. Sufficient intake of carbohydrates also helps prevent injury due to muscle fatigue, as well as helps maintain a healthy immune system.

Although endurance athletes may require more carbohydrate than strength and power athletes, The correct amount and timing of good quality carbohydrate foods is critical to support strength training and performance.

Good sources of carbohydrate foods

Whole grain cereals, whole grain breads, pasta, fresh fruit, dried fruit, beans, split peas, low fat and fat free dairy products.

