



Nutrition For Performance

What 50g Of Carbs Looks Like

Your body is only able to store enough carbohydrates (as glycogen) for around 90 minutes of exercise. After this, and without adequate fuel, energy drops and fatigue sets in – aka you hit the wall. Carb-loading aims to maximise our liver and glycogen stores to optimise performance, this can increase performance by 2-3% in some cases. Carb-loading should be utilized for any race more than 2hrs long (especially those full or multiday events).

These 50g examples are estimates, so it's important you still read food labels. Note: Fiber is also considered a carbohydrate so be mindful of this if you are struggling to meet your requirements, consider reducing this – see pre-event nutrition for more information.

FOOD CARBS

Bread/Cereal/Misc

- Bread 100 g (4 slices white or 3 thick wholegrain)
- Bread rolls 110 g (1 large or 2 medium)
- Pita and lebanese bread 100 g (2 pita)
- Chapati 150 g (2.5)
- English muffin 120 g (2 full muffins)
- Crumpet 2.5
- Pancakes 150 g (2 medium)
- Scones 125 g (3 medium)
- Iced fruit bun 105 g (1.5)
- Croissant 149 g (1.5 large or 2 medium)

Cereal

- Wheat biscuit cereal (e.g. Weet Bix) 60g (5 biscuits)
- Cornflakes/Rice Bubbles 60 g (2 cups)
- Muesli 65 g (1-1.5 cups)
- Toasted muesli 90 g (1 cup)
- Porridge - made with orange juice 30g oats, 1 cup orange juice
- Porridge - made with water 550 g (2.5 cups)
- Rolled oats 90 g (1 cup)

Misc.

- Muesli bar 2.5
- Rice cakes 6 thick or 10 thin
- Crispbreads and dry biscuits 6 large or 15 small
- Fruit filled biscuits 5
- Plain sweet biscuits 8-10
- Cream filled/chocolate biscuits 6
- Cake style muffin 115 g (1 large or 2 medium)
- Rice, boiled 180g (1 cup)
- Pasta or noodles, boiled 200 g (1.3 cups)
- Canned spaghetti 440 g (large can)

VEGETABLES

Vegetables

- Potatoes 320 g (1 large or 2 medium)
- Sweet potato 320 g (2.5 cups)
- Corn 300 g (1.2 cups creamed corn or 2 cobs)
- Green Beans 1,800 g (14 cups)
- Baked beans 440 g (1 large can)
- Lentils 400 g (2 cups)
- Soy beans and kidney beans 400 g (2 cups)
- Tomato puree 1 litre (4 cups)
- Pumpkin and peas 700 g (5 cups)

FRUIT

Fruit Dishes

- Fruit crumble 1 cup
- Fruit packed in heavy syrup 280 g (1.3 cups)
- Fruit stewed/canned in light syrup 520 g (2 cups)
- Fresh fruit salad 500 g (2.5 cups)

Fruit

- Bananas 2 medium-large
- Large fruit (mango, pear, grapefruit) 2-3
- Medium fruit (orange, apple) 3-4
- Small fruit (nectarine, apricot) 12
- Grapes 350 g (2 cups)
- Melon 1,000 g (6 cups)
- Strawberries 1,800 g (12 cups)
- Sultanas and raisins 70 g (4 Tbsp)
- Dried apricots 115 g (22 halves)

DAIRY PRODUCTS

Dairy Products

- Milk 1 litre
- Flavoured milk 560 ml
- Custard 300 g (1.3 cup or half 600 g carton)
- 'Diet' yoghurt and natural yoghurt 800 g (4 individual tubs)
- Flavoured non-fat yoghurt 350 g (2 individual tubs)
- Ice cream 250 g (10 Tbsp)
- Fromage frais 400 g (2 tubs)
- Rice pudding/creamed rice 300 g (1.5 cups)

MIXED DISHES

Mixed Dishes

- Pizza 200 g (medium -1/4 thick or 1/3 thin)
- Lasagne 400 g serve
- Fried rice 200 g (1.3 cups)

SUGARS AND CONFECTIONERY

Sugars and Confectionary

- Sugar 50 g
- Jam 3 Tbsp
- Syrups 4 Tbsp
- Honey 3 Tbsp
- Chocolate 80 g
- Mars Bar and other 50-60 g bars 1.5 bars
- Jubes and jelly babies 60 g

DRINKS

Drinks

- Fruit juice - unsweetened 600 ml
- Fruit juice - sweetened 500 ml
- Cordial 800 ml
- Soft drinks and flavoured water 500 ml
- Fruit smoothie 250-300 ml

SPORTS FOOD

Drinks

- Sports drink 700 ml
- Carbohydrate loader supplement 250 ml
- Liquid meal supplement 250-300 ml
- Sports bar 1-1.5 bars
- Sports gels 2 sachets