



Nutrition for Performance

During Exercise Carbohydrates

It is important to incorporate the right amount of carbs during a training session as it is vital for providing sustained energy, and can also help the recovery process. CHO prevents or delays hypoglycaemia, maintains high rates of CHO oxidation and increases endurance capacity. A depletion of carbohydrate stores can cause major fatigue.

*GF (Gluten free), DF (Dairy free), V (Vegan)

FAST CARBS

Carbs which have a high Glycaemic index (GI), thus, the carb content of the product breaks down quickly and releases energy quickly. Ingestion of CHO should be early to delay fatigue.

Lollies (DF)

- 2 ½ snakes 19.9g CHO
- 3 jet planes 21.1g CHO

Gels (GF, DF)

Concentrated CHO source; gives large fuel boost; experiment prior to use.

- Pure Sports 22.6g CHO
- Clif Shot 24.0g CHO

Energy Chews (DF, GF, V)

- Clif blocks 24.0g CHO

LIQUID CARBS

250ml Soft drink (11% CHO), (GF, DF, V)

- Coco cola 27.0g CHO
- Sprite 25.0g CHO

300ml – 500ml Sports drink (DF, GF, V) (4-8% CHO + Electrolytes)

- 500ml Powerade isotonic powder 38.0g CHO
- 500ml Gatorade 30.0g CHO
- 500ml Pure Electrolyte Hydration 25.0g CHO
- 710ml Tailwind 50.0g CHO
- 500ml Perpetuem 54.0g CHO
- 500ml Maurten 40 & 80g CHO

FOOD CARBS

Carbohydrates that release quick energy, and relieves hunger. It is important that the sources of carbs are not high in fibre to reduce the risk of GI upset during an event.

Misc. Easy Options

- 1 Medium Banana (GF, DF, V). 27.0g CHO
 - Chocolate creamed rice 24.5g CHO
 - Vanilla creamed rice 18.0g CHO
 - Canned fruit in light syrup 18.0g CHO
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Sandwich

- Jam sandwich 1 slice white bread 16.1g + 2 tsp jam 9.9g = 26g CHO
 - Marmite sandwich 1 slice white bread 16.1g + 2 tsp marmite 1.6g = 17.7g CHO
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Muesli Bar

- 4 Griffins choc chip biscuits 30.0g CHO
 - Oaty slice apricot & chocolate 22.0g CHO
 - Natures valley crunchy oat bar 24.5g CHO
 - ½ Clif bar (oat & choc chip) 22.5g CHO
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Pretzels (V, DF)

- 30g 22.9g CHO
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Fruit pouch (DF, V, GF)

- Wattie's apple banana & avocado 18.1g CHO
 - Nature land baby banana berry puree 17.0g CHO
 - Only Organic 170g Sweet potato, lamb, couscous 15.9g CHO
 - Only Organic 120g cauliflower, broccoli, cheddar 11.6g CHO
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Dried Fruit (GF, DF, V)

- 30g box raisins 23.0g CHO
 - 50g dried apricots 33.3g CHO
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LOW FODMAP CARBS (V, GF)

- FodBod bar lemon & coconut FodBod bar 17.0g CHO
- banana & peanut butter 17.0g CHO
- FodBod bar peanut & choc chunk 18.0g CHO
- 40g lightly salted popcorn 18.6g CHO
- 1 medium Boiled potato peeled 17.0g CHO
- 2x gluten free Wheetbix 20.9g CHO
- Arnotts Rice Cruskits 9.07g CHO
- 40g Vogals Low FODMAP Muesli 25.3g CHO