The role of carbohydrates

Carbohydrates don't only play a role in fueling your body, they can also help reduce your risk of **illness**, **injury** & even help improve your **sleep**!

Foods high in carbohydrates

Based on portion size of 100g

70g

Oats

20g

Sweet Potato

61g

Chickpeas

63g

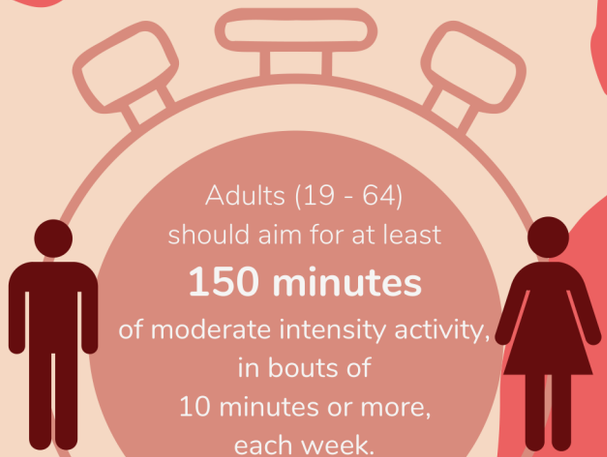
Beans

Lot of people are have a phobia of carbohydrates, because eating too many could lead to weight gain or other negative health outcomes. But all you need to know is what type will benefit your goals. Ideally, complex carbs should make up the main part of your carbohydrate intake and simple carbs should be used to fuel your exercise sessions & help recovery..

Remember, carbohydrates are still your main energy source, so moderation & balance are key

How much physical activity should you do?

Based on UK guidelines



Adults (19 - 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week.

This can be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous

All adults should try and undertake **muscle strengthening activities** at least **twice a week, such as**

exercising with weights

Yoga

Or carrying heavy shopping

Try to Minimise the amount of time spent sedentary (sitting) for extended periods

THE CARB CRUSADERS

The role of carbohyrates & sporting performance

University of Chester

Nutrition Fair 2024

What are carbohydrates?

Carbohydrates are a macronutrient that play an important role in your diet. They provide the main energy supply to fuel your body & keep your organs functioning.

There are two main types of carbohydrates: **simple** & **complex**. Both provide energy but differ in where they are found, how quickly they are digested & what function they provide your body.

Complex Carbs

Complex carbohydrates can help with satiety & your blood sugar levels. They make you feel fuller for longer which can help if you're trying to get learner or change your body composition. Additionally, they also contain lots of vitamins and minerals which are really important for keeping you healthy.

Simple Carbs

Simple carbohydrates can be an excellent source of fuel when you need energy quickly, such as before exercise or even during a session. They can also be particularly beneficial if you have a training schedule that is really heavy, such as twice-a-day workouts.

Where do we store them?

Your body can store carbohydrates in its muscles & liver as glycogen, which it uses to power your brain & provide energy for physical activity.

How do we use carbohydrates during exercise?

At the start of exercise, glycogen is the main energy source. But if you're engaging in physical activity for a long time, these glycogen stores can run low. This can make you feel tired, lack energy and not be able to perform at your best.

If you're someone who is very active, eating foods that contain lots of carbohydrates can make sure you'll have enough fuel for your workout whilst replenishing stored energy afterwards.

No matter the level of your physical activity, you shouldn't eat all your carbohydrates in just one meal. Instead, make sure you spread them out throughout the day in each meal & snacks that fit around your planned exercise.

Carbohydrates & activity level

If your activity level is the same as current UK guidelines, then you should try and follow general healthy eating guidance & eat starchy carbohydrates, like whole grains, & select options with more fibre.

Aim for a fist sized carbohydrate portion at mealtimes & make adjustments depending on your activity levels. Balancing your portions this way can help ensure that half of your energy intake comes from carbohydrate.

Activity	Intensity	How much
Light	Low Skill based	3-5g
Moderate	Intermediate (1 hr/day)	5-7g
High	Endurance (1-3 hrs/day)	6-10g
Intense	High (>4-5 hrs/day)	8-12g

*Carbohydrate intake per kg body weight per day