

Simple

Simple carbohydrates can be digested very quickly due to their simple structures and tend to elevate blood sugar levels quickly. When consumed, these sugars are directly absorbed into the blood in the form of glucose, which can provide you with instant energy. This can be really useful when you need energy quickly, such as before exercise or even during a session. They can also help replenish glycogen stores faster, which can be particularly beneficial if you have a training schedule that is really heavy, such as twice a day workouts.



Simple carbs shouldn't be your main source of carbohydrates & ideally only used to fuel exercise sessions & improve recovery.

Complex

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 leaner or change your body composition. Additionally, they also contain lots of vitamins and minerals which are really important for keeping you healthy.



Benefits of carbohydrates on physical activity & health

Carbohydrates are your main fuel source used during high intensity exercise.

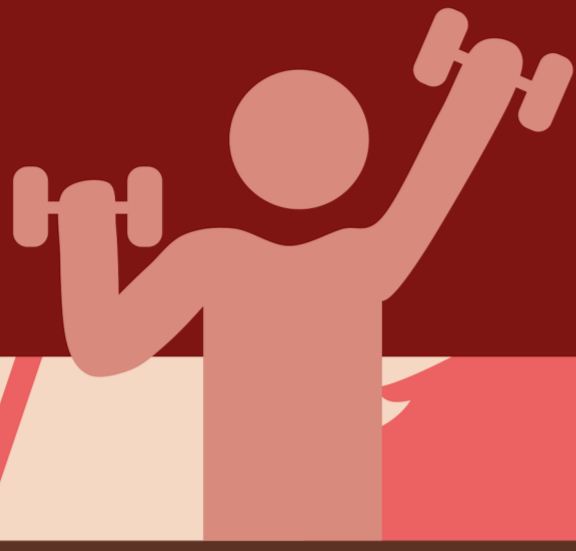
Carbohydrates can be found in a range of different foods & when used correctly, different sources can help you in a number of ways.

If you eat the right amount of carbs for you, it could help improve how you perform, train and recover.

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!**



Match how many carbs you should eat with your level of activity



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

High-Carb Smoothie

Ingredients

- 1 large ripe banana (peeled & diced)
- 75g of frozen pineapple chunks
- 3 tbsp of fat-free yogurt
- 1 handful of spinach (washed)
- 2 pitted dates
- 1 tsp of honey
- 200 ml of low fat milk



Perfect for a pre-workout or post-workout to charge you up or restore energy

Instructions

1. Prepare your ingredients as described in the ingredients list.
1. Starting with the spinach & dates, add all the ingredients to a high-speed blender & blitz until smooth.
2. **Top tip**, blending for about 3-4 minutes is usually enough to achieve the perfect consistency.
3. **Serve and enjoy!**

Kcal: 403 Sugar: 35.4g Carbohydrates: 60.5g
Fat: 2.1g Fibre: 10.2g Protein: 11.2g

Let's-make-a-date-bar

Ingredients

- 12 medjool dates (pitted)
- 200g chia seeds
- 1 tsp raw cacao powder
- 2 tsp cacao nibs
- 4 tbsp coconut oil

Makes: 10 bars



B6

Dates pack a slow-release carb punch to keep you fuelled throughout your run. Plus, they contain vitamin B6, which helps to regulate mood, so you'll be happy as you sweat.

Instructions

1. Pulse the dates in a food processor until they form a paste
2. Mix in a bowl with the chia seeds, cacao nibs & oil to form a thick dough.
3. Press into the bottom of a 9x9in baking tray and cut into squares.
4. Eat immediately for a more doughy treat or put in the freezer for an hour to achieve a chewier texture.

Kcal: 236 Sugar: 19g Carbohydrates: 23g
Fat: 12g Fibre: 10g Protein: 4.5g

Simple or Complex



Can you guess if
these foods are
simple or complex
carbohydrates?