

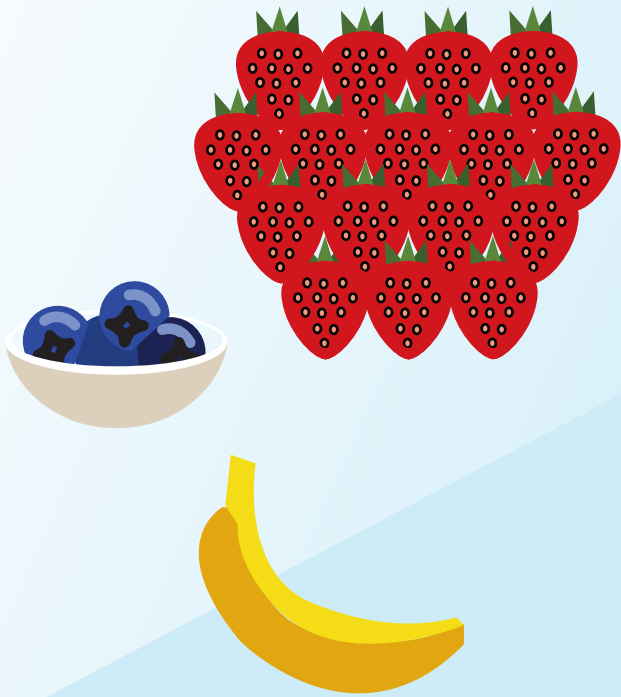
CARBS FOR ATHLETES

For athletic people who routinely train hard 4 to 6 days a week, grains, fruits and vegetables (aka carbs) enhance performance and should be the foundation of each meal.

The International Olympic Committee's research-based recommendations for an optimal sports diet include far more carbohydrates than you may realize.

REPLACING GRAINS WITH FRUITS AND VEGGIES?

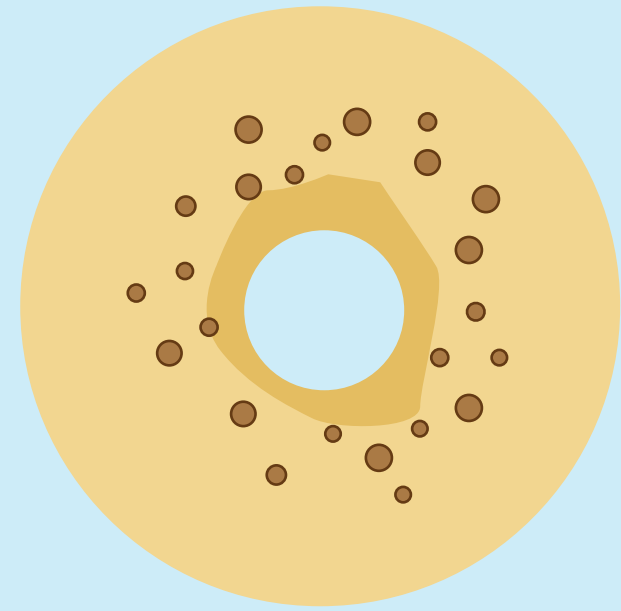
If you have sworn off bagels for breakfast, here's what you need to put in your fruit smoothie to replace the 60 grams of carbohydrates in a 300-calorie Dunkin' Donuts-size bagel:



16 STRAWBERRIES
1 CUP BLUEBERRIES
1 MEDIUM BANANA

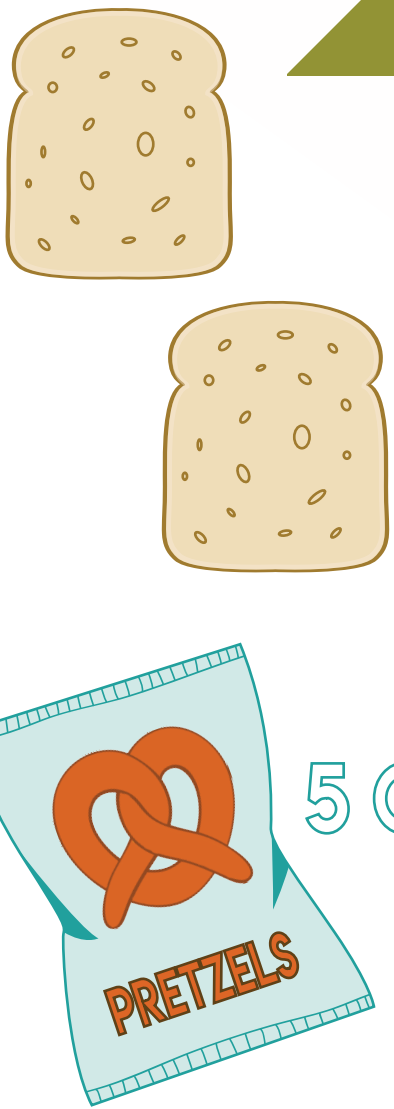
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300-CALORIE
MEDIUM-SIZED BAGEL (3 1/2 - 4IN DIA.)



REPLACING A SANDWICH AND PRETZELS?

Here's how many veggies you need in your salad to replace the 62 g carbs from 2 slices (220 calories) wholesome bread and a 100-calorie bag of pretzels:



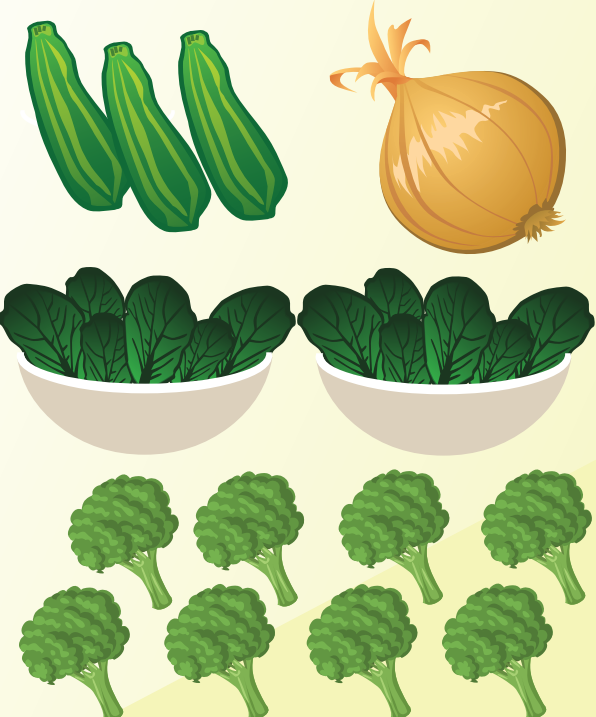
24 CHERRY TOMATOES
2 WHOLE 7" CUCUMBERS
2 WHOLE 8" CARROTS
2 LARGE GREEN PEPPERS
5 CUPS MIXED SALAD GREENS
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2 SLICES OF
WHOLE GRAIN BREAD
100-CALORIE BAG OF PRETZELS



REPLACING TWO CUPS OF PASTA?

You'd need to eat this many veggies to fully refuel your muscles and load them up for the next day's workout:



3 CUPS COOKED ZUCCHINI SQUASH
1 LARGE ONION
2 CUPS COOKED KALE
8 BROCCOLI SPEARS
=

2 CUPS PASTA



THE BOTTOM LINE

Wholesome grains have a helpful role in a sports diet. While fruits and veggies offer some carbohydrates, you need to eat lots of them to compensate for lack of grains. Your efforts to eat healthfully might end up contributing to a sports diet that fails to support hard training. Please, fuel wisely!

SOURCE:

Nancy Clark, MS, RD, CSSD; <http://www.nancyclarkrd.com/>

