

Carbohydrates

Carbohydrates are the main source of fuel when taking part in high-intensity exercise. As the intensity and duration of exercise increases, so does your need for carbohydrates

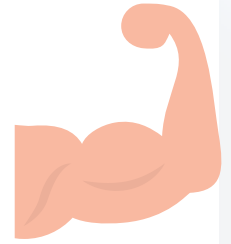
Benefits for athletes



Delays fatigue and provides energy to last in competition



Provides fuel for the brain and the body



Replenishes muscles, so protein can be used for growth and repair

Complex Carbohydrates

These include wholegrains and vegetables. Complex carbohydrates are better eaten 3-4 hours before exercise as they take longer for the body to break down. They provide a steady source of energy.



Simple Carbohydrates

Simple carbohydrates include fruit juices, fruit, jellies, jaffa cakes, white bread, honey and jams. They are absorbed broken down by the body and absorbed into the bloodstream, providing bursts of energy. Consume 60-90mins before exercise.

