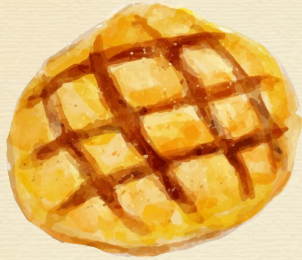




Carbohydrates Replenish After Workout





What Is Carbs ?



One of macronutrients. (fat, proteint, carbs)

One of energy source of our body's cell, tissues and organ. Carbohydrate can be convert to glucose. Glucose convert to energy to support bodily functions and physical activity. Glucose can be used immediately or store in the liver and muscles for later uses.

Carbs Myth !!

Carbs can make you fat?

NO. Carb does not help you gain weight, unless you overeat carbs.

Carb = 4 kcal/g, Fat = 9 kcal/g
Carbs has few calories.



Wholefood carbohydrates can be a nutrients-dense food. They are rich in dietary fiber, vitamins, and minerals. It can keep you full without adding too many calories to your diet.



Carbs are addictive?

NO. Food that contain high in carbohydrates can be very tasty, cheap, readily available. (Pizza, cookie, sweets)

Whole Carbs & Refined Carbs

Whole Carbs

Fruits



Legumes, lentils, peas

Whole Grain (Quinoa, oats,
brown rice)

Starchy veggies (potatoes)



Refined Carbs

Soda

Candy

White rice

White flour

Pastries

White bread



Why Post- Workout Carb

During a high-intensity workout, , the body uses glycogen stored in the muscles for energy. Once this glycogen is depleted, the body starts breaking down muscle tissue to produce more energy.

To prevent muscle fatigue and support muscle recovery, consuming carbohydrates after a workout is a great idea.

A high-carb snack after a workout can improve performance next day.



How Long & Amount of Carbs After Workout



0.5 ~ 0.7 g carbs/ lbs

OR 1.1 ~ 1.5 g/kg within 30 mins after workout can help glycogen resynthesis

- **add protein powder for muscle growth.**

Sample Quick Carbs Recipes

Post Workout High Carb Snacks options:

Fruits with nut butter

Wheat cracker with cheese

Hummus with veggies sticks

Instant oatmeal with nut butter

PB & jelly Sandwiches



Berry Smoothie

Total time: 5 mins

Serves: 1-2

Ingredients:

- 1 medium banana, frozen / fresh
- 1 cup blueberries
- 1 medium peeled orange or 1 cup of orange juice
- $\frac{1}{4}$ cup rolled oats
- $\frac{1}{3}$ cup low-fat Greek yoghurt / dairy free milk/ milk
- Protein powder (optional)