

# CARBOHYDRATE

## Food Sources

An active person or cricketer often finds themselves needing top-up fuel during the day AND while exercising, so you can get the best out of the sessions you are completing all week long. BUT the point of carbs, as Central Districts Dietitian Tom Shand says, is not to get you out of the hole during training or competition, but to stop you going into it in the first place.

Like petrol tanks, there is only so much carbohydrate your body can hold. You need to top up by eating regularly during the day and during exercise. You'll know how bad it can feel when you realise (too late) that you didn't eat enough, and it doesn't feel good. This is why it is best to plan out your nutrition from the start of your week, to top up regularly as you go. Luckily for you, we have compiled our list of easy carbohydrate top-ups!

### 'REAL' FOOD CARBOHYDRATE OPTIONS AT MEALS



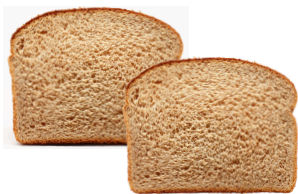
1 medium baked potato. Add 1/2 can chilli beans to get extra carbs, fibre and protein too!



1 cup pasta has carbs and some protein. Add 100g feta & 1/2 cup tomato pasta sauce = to boost protein + antioxidants.



1 cup rice is a great carb source. Add 80g chicken thigh, 1 carrot, 1/2 cup cabbage to add extra protein + antioxidants.



2 slices wholegrain or rye bread. Add 1/2 can baked beans = to add extra carbs, protein & fibre



1 cup noodles has carbs and some protein. Add 80g pork, 1/2 cup spinach & 1/2 carrot to boost carbs, protein + antioxidants.



1 cup lentils are a great source of carbs and fibre. Add tomatoes, onion, spices & vegie stock to boost carbs, protein + antioxidants.



100g raw weight kumara



1 medium corn cob



1 cup cooked peas



1 med roasted beetroot



1 med piece pumpkin

## 20-40g Carbohydrate Snack Options - Practice at Training, Use during Games



1 med banana



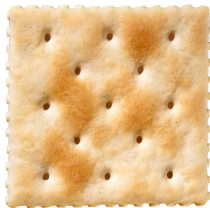
25g pretzels



1 row (25g) rice  
crackers



1 snack pack raisins



2 large Salada



2 pikelets



4 snack balls



120g pouch



1 OSM Bite (42g)



1 Power Bite (30g)



1 Clif Bar (68g)



2 slices bread + 2 tsp  
jam



1 cup grapes



1/2 a bagel