

# COMPLETE PERFORMANCE: CARBOHYDRATE LOADING

*Thanks to Dane Fuller at eatfit for this article, eatfit are part of our Performance Network.*

## **Carbohydrate Loading three days before an event- How to do this:**

Muscles use carbohydrate for movement so it makes sense that the diet three days leading up to competition is high in carbohydrate (carbo-loading). It's important to increase total calorie intake at the same time as eating low fat foods.

Water helps our blood run smoother in the body and replaces fluid lost through sweating. Drinking more water and eating more water containing foods such as fruit leading up to competition will help maximize body fluid in advance so we don't get dehydrated on the day of the event. Drink enough to obtain pale urine. It's important to rest when carbohydrate (CHO) loading so the muscles can store the carbohydrate and not use it up with exercise. Light activity would be sufficient on the days leading up to competition.

Body weight will go up when carbohydrate loading because for every gram of carbohydrate stored, 3 grams of water is also stored.

Examples of extra carbohydrate portions to add to what you're already eating (choose at least two at each meal):

### **Breakfast ideas**

- an extra slice of toast
- extra piece of fruit
- yoghurt
- glass of orange or apple juice

### **Morning and afternoon tea ideas**

- a fruit smoothie
- low fat muffin
- a scone
- low fat cereal bar
- tin of creamed rice
- extra piece of fruit
- small tin of creamed rice

### **Lunch and Dinner ideas**

- An extra sandwich with lean protein source (meat, eggs, fish)
- extra piece of fruit
- a cereal bar
- soup
- extra rice/pasta/potatoes (double usual quantity)

### **After dinner ideas**

- hot chocolate
- frozen yoghurt
- piece of fruit
- small tin of creamed rice