



# ENERGIZE WITH CARBOHYDRATE!

## Muscle and Brain Fuel

Here's a handy tool to help you make wise food choices. It is designed to give you an indication of the carbohydrate content of common foods. Foods marked \* are high in fat or sugar, which may not be desirable for all athletes.

0–5 grams of Carbohydrate/serving	6–10 grams of Carbohydrate/serving	11–20 grams of Carbohydrate/serving	More than 20 grams of Carbohydrate/serving
<b>VEGETABLES AND FRUIT</b>	<b>1 Serving = 125 mL (½ c) vegetables or fruit, one medium fruit (size of tennis ball), 1 cup raw leafy vegetables, 60 mL (¼ c) dried fruit or equivalent as indicated. Fruits and juices are based on unsweetened varieties.</b>		
Alfalfa or bean sprouts; asparagus; broccoli; cabbage; cauliflower; celery; chard; cucumber; green or red pepper; green or yellow beans; lettuce; mushrooms; radish; spinach; zucchini; rhubarb; tomato; turnips; 1 raw apricot.	½ avocado*; beets; Brussels sprouts; carrots; canned pumpkin; coleslaw*; raw onion; snow peas; winter squash; stewed tomatoes; tomato or vegetables juice; raw blackberries, raspberries, strawberries; grapes; ½ grapefruit (9.5 cm diameter); raw peach, plum, tangerine, mandarin.	Green peas; parsnips; potatoes (boiled, hash brown*, mashed); applesauce; dried apricots, blueberries, cherries, canned fruit cocktail or peaches or pears, nectarine, orange. <b>Juices:</b> carrot, apple, apricot, grape, grapefruit, orange, pineapple.	Corn; sweet potato; apple; banana; mango; pear; watermelon slice (2.5 cm x 25 cm diameter); ½ small bag chips*, ½ medium order of fries*.  4 dried dates; 2 dried figs; 5 prunes; raisins. <b>Juices:</b> pear nectar; prune juice.
<b>GRAIN PRODUCTS</b>	<b>1 Serving = 1 slice bread or 125 mL (½ c) cooked cereal/pasta/rice or 30 g ready-to-eat cereal (check the label for the volume) or equivalent as indicated.</b>		
	Taco shell; 2 graham crackers; 2 melba toast; 4 saltine crackers; 4 Ritz™ crackers*; 250 mL (1 c) air popped popcorn; 1 rice cake; 1 fig bar; small cookie*.	Bread; 125 mL (½ c) croutons; ½ pita bread; ½ English muffin; ½ crusty roll; ½ hamburger bun; ½ hot dog bun; ½ tortilla; hot oat bran cereal; large flake oatmeal hot cereal; granola bar*; pancake or waffle; wild rice; instant rice; bulgur; couscous.	½ bagel; 1 pouch instant cream of wheat or instant oatmeal; bran flakes; cheerios; corn flakes; low fat granola; mini-wheats, muesli; raisin bran; wheatibix; most cereal; macaroni; pasta; long grain rice; 2 fig bars; ½ muffin*.
<b>MILK AND ALTERNATIVES</b>	<b>1 Serving = 250 mL (1 c) milk, 175 g (¾ cup) yogurt or 50 g (1 ½ oz) cheese or equivalent as indicated.</b>		
Cheese; 50 mL cheese spread*.	Soy based beverage; cottage cheese (0, 1, or 2%).	Milk, latte; 125 mL (½ c) skim milk powder; 175 g plain yogurt; hot cocoa sweetened with aspartame; 125 mL (½ c) frozen yogurt; ice milk or ice cream*.	Chocolate milk; 125 mL (½ cup) milkshake*; 250 mL (½ cup) Frappuccino*, hot cocoa made with milk and sugar; eggnog*; 175 g flavoured or fruit yogurt; yogurt beverage; 125 mL (½ c) milk pudding* or sherbet.
<b>MEAT AND ALTERNATIVES</b>	<b>1 Serving = 75 g (2.5 oz) cooked, lean meat, fish or poultry (visible fat and/or skin removed) or 175 mL (¾ c) cooked/canned legumes (e.g., kidney beans, chickpeas, lentils) or equivalent as indicated.</b>		
Meat, poultry; fish (unless breaded or battered); 2 eggs; tofu; 125 mL (½ c) tuna salad*. 60 mL (¼ c) brazil*, macadamia*, pine* nuts, filberts*, pecans*, walnuts*.	30 mL (2 Tbsp) peanut butter*; 60 mL (¼ c) almonds*, cashews*, coconut*, mixed nuts*, peanuts*, pine nuts*, seeds*.	Breaded or battered fish fillet*; fish sticks*.	Beans; peas; lentils.
<b>COMBINATION DISHES</b>	<b>1 Serving = 250 mL (1 c) or equivalent as indicated.</b>		
	Canned noodle soups; mushroom soup with water.	Chunky soups; minestrone soup; mushroom soup with milk or cream*; ½ medium pizza*; taco*; beef stew; French toast.	Pea soups; 60 mL (¼ c) hummus*; macaroni with cheese*; spaghetti with tomato sauce or with meat balls*; lasagna*, shepherd's pie, chili con carne; baked beans.

### EAT WELL

Limit foods and beverages that are high in Calories, fat or sugar and have few other nutrients such as, baked goods, chocolate, candy, ice cream, fries, chips, pop, alcohol, sports and energy drinks, and sweetened hot or cold drinks. You may choose some of these foods in moderation after you have enough servings from the food groups.

Refer to [Training Diet: Carbohydrate – Go Food](#) to find out how much carbohydrate you need. To plan your carbohydrate foods, talk to a registered dietitian with expertise in sport. You can contact the dietitian at your [Canadian Sport Centre](#) or someone listed under the [Sport Nutrition Registry](#) on the CAC website. If there is no dietitian with expertise in sport listed in your area, [Dietitians of Canada](#) may list a dietitian near where you live.

