

Great Carb Sources for Runners

- Bananas-Because they are easy to eat and digest and are loaded with fast-acting carbohydrates (one large banana provides 31 grams of carbs), bananas make the perfect pre- or post-exercise snack. Just be sure to have your banana with some form of protein after exercise to promote muscle recovery and repair.
- Berries-Strawberries, blueberries, and other berries are among the most nutritious sources of carbohydrate. They are rich in vitamins, minerals, and phytonutrients that promote health and performance in all kinds of ways. Berries are not the most concentrated source of carbs, however (a full cup of strawberries contains just 12 grams), so don't rely on them too heavily to meet your daily carbohydrate needs.
- Whole Grains-Brown Rice. High in fiber, vitamins and minerals. Longer lasting energy because of the lower glycemic index.
- Energy Bars. Great for fueling and refueling because they provide abundant, fast energy. Look for bars that are high in carbs, moderate protein and low in fat & fiber.
- Low-fat yogurt with fruit. Low-fat yogurt is best before or after workouts because the higher glycemic index makes the carbs go to work fast. Look for brands with no added sugar, fruit has enough of the sweet stuff on its own!
- Old Fashioned Oatmeal- Great Carbohydrate source!
- Sports Drinks. Use caution, since they can be high in sugar they should only be used right before, during or immediately after workouts and races.