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Carbohydrates

Carbs have earned a bad reputation in recent times. From the Keto diets to other fads, many people want to eliminate Carbohydrates. If you like doing it, and you're successful, that's great and do what works for you. However, the majority of athletes (civilian and military) benefit immensely from the proper consumption of carbs (**type** of carbs, **amount** of carbs, and **timing** of carbs).

Type of Carbohydrates: Simple Vs. Complex Carbs

Carbs vary wildly as far as composition, quality, and a fancy thing called Glycemic Index (GI). The GI is a scale that essentially ranks all carbs against each other, in terms of how slowly or quickly different food increases blood glucose.

Low Glycemic Index Foods (COMPLEX)	High Glycemic Index Foods (SIMPLE)
Slow, consistent release of Glucose	Rapid release of Glucose
Fuel workouts and ease weight loss	Heal damaged tissue & recover energy post workout
Quinoa, Chickpeas, Lentils	White Bread, White Rice, Instant Oats

Who cares? If you don't eat complex and simple carbs properly, you're limiting your own growth and progression. **Complex carbs should be eaten before workouts**, and **Simple Carbs should be eaten immediately post-workout.** You can Google Glycemix Index tables or specific info for any food.

Amount of Carbohydrates

If you recall from the sports nutrition 101 document, athletes should shoot for about 1.5-2 grams of carbs per lb of bodyweight for intensive training and/or aggressive weight gain. Depending on your function goals vs. your aesthetic goals, you can tailor the amount of carbs to 1 gram per lb of bodyweight or even lower. This brings us to the discussion of my favorite diet program: carb cycling.

Carb Cycling is a scientifically proven process, which allows enough fuel for great workouts and muscle-building, while allowing one to torch fatty tissue. Carb Cycling is simply cycling between days of different intake levels. If you use it, you will cycle between low, moderate, and high intake days. By changing the amount of Carbs you eat, you are challenging your body to optimize how it uses

this energy source. Low carb days push the body into a "carb-starved state", moderate intake days are for maintaining, and the rare high carb day is to kick your metabolism into high gear with a surge of carbs. This surge revitalizes the metabolism. The process of changing Carb levels, then, optimizes our digestion of Carbs more for fuel and less to fatty tissue.

So what? If you've tried diets and haven't achieved your goals, or you just want a new program, Carb cycling allows you to maintain sanity, eat tasty things, and achieve your aesthetic and/or functional goals.

How do I try it? Take one week. Pick three low days, three moderate days, and one high day (for intake).

Monday	Normal (1 gram per lb bodyweight)
Tuesday	Normal
Wednesday	Normal
Thursday	Low (.25 or .5 grams per lb bodyweight)
Friday	Low
Saturday	High (1.5 or 2 grams per lb bodyweight)
Sunday	Low

The rules are simple: don't eat more carbs in the day than your allotted total. Yes, you still need to eat primarily complex and whole carbohydrates; eat simple carbs in small amounts (20-45 grams) only after workouts. Follow the same guidelines for protein and fat as found in the sports nutrition 101 document.

Timing of Carbohydrates

We discussed how Simple Carbs should be consumed pre-workout and complex carbs should be consumed post-workout. Besides that, you should generally eat more of your carbs earlier in the day (try to only have protein and veggies for dinner, and cut off carbs by 5:00 PM).