

Carbohydrate Sources & Servings

Use this handout to discover carbohydrate sources that will help **fuel your body prior to exercise**. Aim to consume between 25-30 grams about 30 minutes before your workout*.



BEVERAGES

Fruit juice (8 fluid ounces) - 30 grams

Gatorade (16.9 fluid ounces) - 34 grams

Body Armor (16 fluid ounces) - 28 grams

Lemonade (8 fluid ounces) - 30 grams

CEREALS & QUICK BREADS

Cheerios (1 cup) - 25 grams

Special K (1 cup) - 24 grams

Life (1 cup) - 33 grams

Frosted Mini Wheats (1/2 cup) - 20 grams

Raisin Bran (1/2 cup) - 23 grams

Toaster Pastry (1 pastry) - 35 gram

Plain pancakes (2 - 4" diameter) - 27 grams

Toaster waffles (2 round) - 27 grams

Fig bar (2 square halves) - 30 grams

English muffin (1 muffin) - 25 grams

CRACKERS & SNACKS

Animal crackers (13 crackers) - 24 grams

Graham crackers (2 sheets) - 23 grams

Granola bar (1 bar) - 17 grams

Saltine crackers (10 crackers) - 22 grams

Goldfish crackers (1 cup) - 30 grams

Rice Krispies Treat (1 medium bar) - 30 grams

FRUITS

Banana (1 medium) - 30 grams

Applesauce, unsweetened (1/2 cup) - 15 grams

Grapes (1 cup) - 27 grams

Pureed fruit pouch (1 pouch) - 15 grams

Dried fruit (1 ounce) - 23 grams

Medjool dates (2 dates) - 36 grams

Fruit leather bar (1 bar) - 15 grams

**Carbohydrate amount is a suggestion based on general recommendations. Your individual needs may vary.*

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Carbohydrate Sources & Servings

Use this handout to discover carbohydrate sources that will help **refuel your body after exercise**. Aim to consume 60-90 grams of carbohydrate within the hour after your workout as part of your post-exercise meal.*



GRAINS & NOODLES

Brown Rice, cooked (1 cup) - 50 grams	Buckwheat/Soba noodles (1 cup) - 24 grams
Quinoa, cooked (1 cup) - 36 grams	White rice noodles (1 cup) - 42 grams
Barley, cooked (1 cup) - 46 grams	Brown rice noodles (2 oz dry) - 44 grams
Buckwheat groats, cooked (1 cup) - 32 grams	Whole wheat pasta (1 cup) - 42 grams
Rollled oats, cooked (1 cup) - 29 grams	Chickpea pasta (1 cup) - 28 grams

BREADS

Whole wheat bread (2 slices) - 31 grams	Pita bread (large) - 47 grams
Flour tortilla (1 - 8" tortilla) - 24 grams	Bagel (large) - 55 grams
Corn tortilla (3 -6" tortillas) - 32 grams	Kaiser roll (4" diameter) - 33 grams
Pizza (1/4 of a 14" pizza) - 50 grams	Naan (1/2 of 10" diameter) - 44 grams

STARCHY VEGGIES

Peas (1 cup) -21 grams	Butternut squash (1 cup cubes) - 22 grams
Baked potato (1 medium) - 37 grams	Acorn squash (1 cup cubes) - 30 grams
Mashed potatoes (1 cup) - 44 grams	Beets (1 cup, diced) - 16 grams
Sweet potato (1 medium) - 31 grams	Parsnip (1 cup) - 26 grams
Corn (1 cup kernels) - 28 grams	Beans, mixed (1/2 cup) - 22 grams

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