

Carbohydrate Snacks List (after training)

This list has examples of foods that you can have as a post-training snack. Remember that intense training sessions use up a lot of the carbohydrate in your body and you have to replace this in time for your next session. You can only replace small amounts at a time that is why it is good idea to make sure you have regular meals, in the right amount, through the day. As soon as you finish your training you have a window of opportunity to supply your muscles with more carbohydrate. This is why you need to make sure you have snacks high in carbohydrate in your kit bag. Your snacks should be low in fat, have small amounts of protein (not always necessary) and have a total of 1g of carbohydrate for every Kg of body weight. See example below.

If your weight is 50kg

For recovery you should eat 1 gram of Carbohydrate for each kilogram of body weight

Total snack = 1 x 50 = 50g Carbohydrate

In the list below you will find foods in 25g exchanges. This means that each food you see in the list in the amount stated will give you *approximately 25g of carbohydrate*. If you need 50g of carbohydrate then you either **take two** different foods from the list or you have twice the amount of one food. Snacks in the top half of the table also provide small amounts of protein. Choose snacks that you feel you will enjoy more and try to vary them.

Snacks Containing approximately 25g of Carbohydrates

Snack	Weight	Measure
Goodness Shake (milkshake)	250ml	½ bottle
Friji milkshake	250ml	½ bottle
Ovaltine powder	40g powder in 250ml water	3 tablespoons*
Nesquick powder	20g powder in 250ml milk	1 ½ tablespoons**
Lucozade Recovery	38g	1 sachet
Rice pudding (low fat)	150g	1 small pot
Custard (low fat)	150g	1 small pot
Honey and yoghurt	15g in 150g low fat yoghurt	2 teaspoons of honey
Cereal bars	40g (most cereal bars)	1 whole cereal bar
Bread	60g	2 slices (thin cut)
Frosties, coco pops, rice krispies, sugar puffs, corn flakes	25g	1 individual serving size box
Lucozade Energy	150ml	½ bottle (330ml size)
Lucozade Sport Isotonic drink	400ml	almost the full 500ml bottle
Fruit scone	50g	1 regular size
Malt loaf	40g	1 thick slice
Jaffa cakes	36g	3 cakes
Banana	100g	1 medium size
Raisins	40g	2 tablespoons
Honey	30g	4 teaspoons
Jam	30g	4 teaspoons
Jelly babies	30g	5 jelly babies

*put the ovaltine powder in a mug, add some boiling water and stir. You can then add some cold water to make a 250ml drink.

**shake or stir the Nesquick powder in 250ml of skimmed milk (use long life milk).