

CARBOHYDRATE CRIB SHEET

FIBROUS

Grow above ground

Low energy

Low GI

Salad leaves
Spinach
Broccoli
Brussels sprouts
Cabbage
Green Beans
Cauliflower
Celery
Cucumbers
Aubergine
Lettuce
Mushrooms
Peppers
Courgettes
Pumpkin family
Onion family
Asparagus
Raw carrots

Avoid

White flour (bread, biscuits, cake etc)
White rice
Anything that is sweet to taste

Except

Immediately after training

STARCHY

Roots and grains

Energy dense

GI varies

Potatoes
Wholegrain rice
Wholemeal flour
Pasta
Oatmeal
Cooked carrots
Sweet Potatoes
Corn
Barley
Yam
Parsnips
Swedes

STARCH + FIBRE + PROTEIN

Beans and pulses

Medium energy

Low GI

Baked beans
Kidney beans
Chick peas
Peas
Soy beans
Broad beans
Black-eyed-beans
Lima Beans
Lentils