



Carbohydrates

Module's Habit: Eat your starchy carbs after exercise.

The general recommendation from the NHS with Eatwell plate is that **1/3 plate** is **carbs**, however some nutritional camps are reducing this and others are eradicating it completely.

 You still have conflicting messages - dietary plans, like Atkins then 'Paleo' diets, and Body Coach are quite extreme and ask us to reduce carbs even further, to eat very little or zero carbohydrates. Whilst other diet plans consider that carbohydrates are good and fats are bad like Slimming World and Weight Watchers.

Let's look to the middle ground and whilst considering that carbohydrates give you energy, especially for runners and athletes, if you are sedentary you simply don't need that amount of carbs.

The message is simple - the more active you are the more carbs you need to fuel and recover from that activity. However, you don't need that much if you have a sedentary lifestyle or you haven't exercised that day.

 **For really good personalised nutrition**, the specific amount of carbohydrates (carbs) depends on your body size and your body type plus how much you exercise. However, that is fine tuning for later on, so for the moment and for weight loss let's start with getting most of your carbohydrates from vegetables at each meal and saving most of your starchy carbohydrates after exercise.

What are starchy carbs?

Carbohydrates are made up of three parts: **Fibre, Starch, and Sugar.**

The more fibre in your carbohydrate the better, the nutrient content of your food rises with the fibre and starchy elements.

Fibre and **starch** are **complex carbs**, while **sugar** is a **simple carb**.

Starchy carbohydrates are also known as **complex carbs** and include brown rice and pasta, beans, oats, quinoa, grains plus legumes (lentils, split peas, kidney beans and chickpeas).

Sugars are **simple carbohydrates** like honey, sugar for your tea and coffee and, of course even though they are more nutrient-rich fruit and dried fruit. Your body doesn't need to process these simple sugars it **turns the sugar into glucose very quickly** and your body gets a very big, quick hit.

Your **insulin** response is immediate and large. There is no energy required for the body to turn these sugars into glucose, so you have the **double effect** of immediate response for no effort.



Your body can't cope with simple sugar highs and lows for very long, you become **insulin resistant**.

How often do you need a quick sugar high?

Carbohydrates are broken down by the digestive system into **simple sugars**. The more fibre and starch in the food the more effect your digestive system is. The more fibre in the food the longer it takes the body to breakdown, it also has the beneficial effect of **making us feel fuller for longer**.

The body can take its' time to sort out what it needs and remove what it doesn't – helping your bowel movement.

The body makes **glycogen** from **starchy** and **simple sugars**, after a really intense bout of exercise your body needs to replace glycogen used up during your exercise.

So you have an option, you can drink a **lucozade drink** (*simple sugar*) and immediately lose the effect of the exercise.

Or you can replenish your body with **complex carbohydrates**, which will help you feel fuller for longer and aid your digestion.



The increase of **glycogen** triggers **insulin** which **helps push your body's 'proteins' into your muscle**. So straight after exercise, **carbohydrates** are very necessary to help your body repair and recover from the exercise.

However, if you are sitting on the settee after a long, hard day in the office - desk bound, then carbohydrates especially simple ones really aren't needed.

Starchy carbohydrates after exercise will help your body recover and help you burn fat in the longer term.

Too many simple sugars in your body become **triglycerides**, which are **fatty acids**.



If you regularly eat more than you burn off, **you raise your triglyceride levels in the blood**, which is linked to increased risk of health conditions such as **heart disease, diabetes and stroke**.

So reduce your simple carbohydrates, even starchy ones when you are inactive, when sitting on the sofa watching TV or working at your desk.

When you do enjoy your carbohydrates after exercise consider having the best quality, Why not you have earned them...

Whole grains starchy carbohydrates - are healthier because of their higher nutritional content, levels of fibre, minerals and vitamins. Such as brown rice, lentils, split peas, kidney beans and chickpeas and increase **Quinoa** - super food, superfast, super versatile, and use it instead of bread for lunch.

After exercise....

The majority of your starchy carbs should come from whole, minimally processed, carbohydrate sources and it is okay to have some carb free meals, such as salad and steak, especially if you haven't exercised that day.

Ensure that you have most of your daily carbs after exercise - if you want your slice of bread, get up and get going, earn it. Get your metabolism revved up and then eat your starchy carbs.

Let's plan - go for a good walk or complete the exercise download and then have your potatoes or bread.

Consider reducing the carbs that you eat in the morning i.e. sugary cereals- try a few proteins based breakfasts consider including eggs



Earn your sandwich after your lunchtime walk.

Try your exercise video before your evening meal.

If you don't want to exercise, fine, eat less carbs with that meal.

So you always win, you are complying with the rule.

In summary:

The habit for this module is to save most of your starchy carbs after exercise.

Feedback your comments via the Facebook page or mark down your successes in your adherence sheet for this module.

Adele x