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*In Rugby, Carbohydrates are used as a fuel for performance, recovery, assisting muscle growth, muscle maintenance and improved hydration!
Understanding the Carbohydrate content of food allows for you to recognise whether you are having too little or too much.*

Carbohydrate needs
for rugby players:
**3 - 7g per Kg
Body Mass**

Intake will depend on:

1. Training Load
2. Age
3. Sex (Male/Female)
4. Performance Goals
5. Body Composition
6. Acclimatisation
7. Training environment

Carbohydrate Content				
 Brown bread (1 slice) 14g	 Medium Banana 20g	 Large Wrap 33g	 Granola Bar 27g	 White Rice (1 cup) 50g
 Jelly Beans (10) 12g	 Skim milk 2(50ml/1 glass) 14g	 Sports drink (500ml) 35g	 Chocolate milk (250ml) 30g	 Couscous (1 cup) 28g
 100% fruit juice (125ml) 15g	 Yoghurt (small) 12g	 Oats (1/2 cup) 25g	 Pretzels (28g/handful) 23g	 Rice Cakes (1 each) 7g
 Bran flakes (30g) 20g	 Muesli (1/2 cup) 30g	 Corn Flakes (30g) 25g	 Weetbix (1 biscuit) 13g	 1 cup berries 24g

Top tips:

- Include a variety of Carbohydrate sources
- Spread the Carbohydrates out over the day within all main meals and snacks in between
- Have simple Carbohydrates 30 minutes before training and within 30 minutes after training to refuel