

Strategies to Increase Carbohydrate Intake

1) Plan ahead.

Plan ahead and prepare breakfast, lunch and snacks to optimize intake of carbohydrate-rich foods during the day.



2) Develop a routine.

Set up a schedule that works for you! Keeping a routine that includes regular meals and snacks can improve energy & recovery.



3) Consume carbohydrate foods every 2-3 hours.



Choose options higher in carbohydrate



Oatmeal & banana

Oatmeal

Bagel

Toast

Dried fruit

Fresh fruit