

# SUGAR: FRIEND OR FOE?

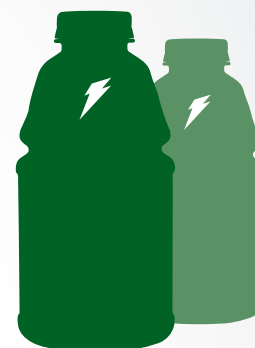


## WHY CARBOHYDRATES MATTER

Carbohydrate consumption during training, practice and competition has been shown to improve endurance performance (i.e., time to complete a race) and aspects of team sport performance. The most studied team sport has been soccer, followed by basketball. Carbohydrate intake during these simulated protocols has been shown most consistently to:

- **Maintain intermittent high intensity exercise capacity**
- **Impact sprinting ability, particularly late in a game**
- **Improve aspects of skill performance**

*Baker, L. et al. Nutrients. 2015, 7:5733-5763; doi:10.3390/nu7075249.*



## HOW MUCH: THE RIGHT AMOUNT OF CARBOHYDRATES



The appropriate amount of carbohydrate to enhance team sport performance is **30-60 grams/hour**, when the athlete is practicing or competing for 60 minutes or more.

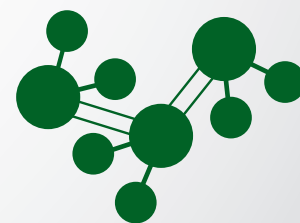
*American College of Sports Medicine, Academy of Nutrition & Dietetics, & Dietitians of Canada. Joint Position Statement: Nutrition and Athletic Performance. Med Sci Sports Exerc. 2016.*

## WHAT KIND OF CARBOHYDRATES

The type of carbohydrate is important. Athletes should consume mostly carbohydrates that are quickly oxidized by the muscle, which includes the **sugars glucose and sucrose, glucose polymer maltodextrin, and amylopectin.**

This is not the same as simple vs complex carbs — their physiology is important, not the chemical structure.

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## SUGAR MAKES A DIFFERENCE



The sugars glucose and sucrose are the right choices for an athlete in the right amount (30-60 g/h) when consumed during an athletic occasion lasting **≥ 60 minutes** and performance is the goal.

For more information on proper hydration and a fluid loss calculator, visit [GSSIweb.org](http://GSSIweb.org)