









Alloy Nutrition

Carbohydrates

Carbohydrates. It's not a dirty word, but we know it can be a scary one. Maybe you've been told to limit them. Or maybe you know they're important, but you're not sure how much to have, or which foods will help you the most. That's why you have us! Carbohydrates help you make gains in the gym, and they play a major role in your immune function and brain health.

So what can carbs do for you? Well, they are the most efficient fuel source. They boost muscle growth, which is likely a goal of yours if you're in the gym. Carbs also make your hormones and thyroid happy for many reasons, one of them being that your insulin sensitivity improves by allowing your body to transfer more nutrients to the muscle rather than storing it as body fat. Yes, please!

Carbs also reduce mental and physical stress. You're already working out, which is great! Now aim for more simple carbs around your workouts so that you can use the quick energy - especially after a workout - to replenish your muscle and liver stores.

For all other meals and snacks, consume complex carbs. This will give you longer-lasting energy, and the fiber will help keep you full. Your gut will thank you! Remember to aim for at least 20 grams of fiber a day. As a guideline, shoot for carbohydrates to account for 30-50% of your daily calorie intake. Remember, carbs are your friend! Let them work for you!

Carbohydrates

Simple Carbs

****aim for these around workouts****

- ***table sugar, fruit juice, milk, yogurt, honey, molasses, maple syrup, and brown sugar.***

Complex Carbs

****for all other meals and snacks****

- ***vegetables, whole grain breads, oatmeal, legumes, brown rice, and wheat pasta***