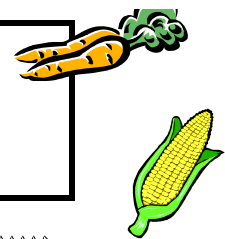
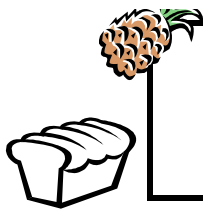


Foods To Fuel Your Muscles Using Glycemic Index



Athletes need to fuel their muscles with foods that are high in carbohydrate. The glycemic index is a useful tool that measures how fast a particular carbohydrate will raise your blood sugar. The higher the glycemic index, the faster the food will fuel your muscles. After physical activity it is best to eat foods that have a high or moderate glycemic index so your muscles receive the energy quicker. On the other hand, before training you should eat foods with a lower glycemic index so that the energy will last a longer time.

High Glycemic Index Foods (GI > 85)

| Food | Serving Size | Carbohydrate Content (g) | Fat Content (g) |
|-------------------------------|--------------------|--------------------------|-----------------|
| Grain Products | | | |
| Arrow roots | 3 | 8 | 2 |
| Bagel, white | 1/2 | 19 | 1 |
| Brown rice | 1/2 cup | 22 | 1 |
| Corn bran | 1 cup | 25 | 1 |
| Cornflakes | 1 1/4 cups | 26 | 0 |
| Cream of wheat | 1/2 cup | 13 | 0 |
| Croissant | 1 medium | 26 | 12 |
| Life cereal | 3/4 cup | 24 | 1 |
| Melba toast | 3 pieces | 12 | 0 |
| Muffin, commercial | 1 medium | 30 | 15 |
| Muffin, home recipe | 1 medium | 24 | 4 |
| Rice cakes | 2 | 15 | 0 |
| Ritz crackers | 7 | 16 | 7 |
| Waffle | 1 medium | 25 | 6 |
| Wheat thins | 7 | 10 | 3 |
| Whole wheat bread | 1 slice | 13 | 1 |
| Vegetables & Fruit | | | |
| Carrot sticks | 5 small | 6 | 0 |
| Pineapple | 1/2 cup | 20 | 0 |
| Potato | 1 medium | 51 | 0 |
| Raisins | 1/4 cup | 28 | 0 |
| Watermelon | 1/2 cup | 5 | 0 |
| Combination Foods | | | |
| Cheese pizza | 1/8 of a 12" pizza | 20 | 4 |
| Macaroni & cheese | 1/2 cup | 20 | 10 |

Moderate Glycemic Index Foods (GI=60-85)

| Food | Serving Size | Carbohydrate Content (g) | Fat Content (g) |
|-------------------------------|--------------|--------------------------|-----------------|
| Grain Products | | | |
| All bran cereal | 1 cup | 23 | 1 |
| Oatmeal cookies | 2 | 33 | 7 |
| Pita bread, white | ½ | 17 | 0 |
| Popcorn, air popped | 3 cups | 19 | 1 |
| Whiterice | ½ cup | 22 | 0 |
| Vegetables & Fruit | | | |
| Banana | 1 medium | 28 | 0 |
| Corn | ½ cup | 20 | 1 |
| Fruit cocktail | ½ cup | 24 | 0 |
| Grapes | 15 | 13 | 0 |
| Kiwifruit | 1 medium | 11 | 0 |
| Mango | 1 medium | 35 | 1 |
| Orange | 1 medium | 15 | 0 |
| Orange juice | 1 cup | 26 | 0 |
| Peas | ½ cup | 11 | 0 |
| Pineapple juice | 1 cup | 40 | 0 |
| Milk Products | | | |
| Ice cream, low fat | 1 cup | 36 | 4 |

Low Glycemic Index Foods (GI <60)

| Food | Serving Size | Carbohydrate Content (g) | Fat Content (g) |
|--------------------------------|--------------|--------------------------|-----------------|
| Vegetables & Fruit | | | |
| Apple | 1 medium | 32 | 0 |
| Grapefruit | ½ | 5 | 0 |
| Pear | 1 medium | 25 | 0 |
| Applesauce | 1 cup | 28 | 0 |
| Cherries | 20 | 22 | 0 |
| Dates, dried | 5 | 30 | 0 |
| Figs, raw | 3 | 30 | 0 |
| Grapefruit | 1 medium | 20 | 0 |
| Peach, raw | 1 medium | 25 | 0 |
| Pear, raw | 1 medium | 25 | 0 |
| Plums, raw | 2 | 18 | 0 |
| Green Beans | 1 cup | 10 | 0 |
| Milk Products | | | |
| Milk, skim | 1 cup | 12 | 0 |
| Milk, 2% | 1 cup | 12 | 5 |
| Soy milk | 1 cup | 4 | 5 |
| Yogurt, plain | 1 cup | 20 | 3 |
| Meat & Alternatives | | | |
| Baked beans | ¾ cup | 30 | 1 |
| Lentils | ¾ cup | 30 | 1 |
| Peanuts, oil roasted | ½ cup | 14 | 35 |