

SAMPLE HIGH CARBOHYDRATE RESTAURANT MEALS

Carbohydrates are important for a high performance diet because *only* carbohydrates get stored in the muscles as glycogen (the fuel you need during intense training sessions and/or competitions). The optimal sports diet is at least 60% carbohydrates. When you're traveling, you can very easily consume a 40-50% carbohydrate diet, since fatty foods are convenient, inexpensive and often tempting. Hence, you have to carefully choose to eat at appropriate restaurants, bring with you wholesome snacks and make special requests at restaurants or fast-food chains.

The following menus are sample sports meals that offer at least 60% carbohydrates. Some of the food items (such as soft drinks and milk shakes) are not generally recommended as a part of an optimal daily diet, but they can be incorporated into a meal-on-the-road from time to time. The purpose of these sample meals is simply to offer the concept of what a 60+% carbohydrate diet looks like, so that you can use it to guide your food choices. The menus are appropriate for active women and men who need 2000-2600+ calories per day. You should adjust the portions to suit your individual appetite.

BREAKFAST SUGGESTIONS

		<u>Calories: Total</u>	<u>From Carbohydrates</u>	
McDonald's/Fast Foods :	Orange juice, 6 oz	85	80	
	Pancakes, syrup	420	60	
	English muffin, jelly	115	120	85% carbohydrates; 660 calories
Muffin House,	Ban muffin, large	320	205	
	Hot cocoa, large	180	100	60% carbohydrates; 500 calories
Family Restaurant	Apple juice, large	145	145	
	Raisin bran, 2 sm boxes	220	200	
	Lowfat milk, 8 ounces	260		
	Sliced banana, medium	125	120	92% carbohydrates; 590 calories

LUNCH SUGGESTIONS

Sub Shop:	Turkey sub, no mayo	655	340	
	Fruit yogurt, lowfat	260	200	
	Orange juice, half-pint	110	105	63% carbohydrates; 1025 calories
Wendy's/Fast Food:	Plain baked potato	240	200	
	Chili, 1 cup	230	100	
	Chocolate shake	390	220	63% carbohydrates; 1025 calories
Salad bar:	Lettuce, 1 cup	15	10	
	Green pepper, 1/2	10	8	
	Broccoli, 1/2 cup	20	15	
	Carrots, 1/2 cup	20	17	
	Tomato, large	50	45	
	Chick peas, 1/2 cup	170	120	
	Feta cheese, 1 oz	75	0	
	Italian dressing, 2 Tbsp.	100	0	
	Bread, 1" slice	200	180	60% carbohydrates; 660 calories

DINNER SUGGESTIONS

Pizza:	Cheese pizza, 4sl. 13"	920	520	
	Large cola, 12 oz	150	150	63% carbohydrates; 1070 calories
Italian Restaurant:	Minestrone soup, cup	85	60	
	Spaghetti, 2 cups	400	320	
	Tomato sauce, 2/3 cup	120	60	
	Parmesan cheese, 1 Tb	30	0	
	Rolls, 2 large	280	240	74% carbohydrates; 915 calories
Family Restaurant:	Turkey, 5 oz white meat	250	0	
	Stuffing, 1 cup	200	160	
	Mashed potato, 1/2 cup	95	60	
	Peas, 2/3 cup	70	60	
	Cranberry sauce, 1/4 c.	100	100	
	Orange juice, 8 oz	110	105	
	Sherbert, 1 scoop	120	110	64% carbohydrates; 945 calories