

Quick Carbohydrate Loading Guide for the Noque

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I don't know about the rest of you, but my anxiety level starts to rise right after New Year's Day: only 29 days left to train for the Noquemanon. Three weekends. Yikes!

One of the best ways I know to have a great race is by topping off my energy stores. Carbohydrate loading is the marathon skiers' secret weapon. Not sure just what to eat? Read on.

The Twenty-four Hour Carbohydrate Load

For those of us who are too busy to plan a week's worth of menus, the high glycemic index (GI) carbohydrate loading diet is the solution. Here's how it works.

24-Hour High Glycemic Index Carbo-loading Protocol:

Step#1: Glycogen Depletion

A week prior to the race do a near maximum intensity workout designed to deplete glycogen stores. This primes the muscles to reload glycogen.

Step #2: Rest

A 24-hour high GI "load" several days before an event is effective, but only if you maintain a very low level of exercise until the day of the race. It is not necessary – or even helpful - to continue this high glycemic index diet protocol for more than one day.

Step #3: Eat High Glycemic Index (GI) Carbohydrate Foods

The basic technique for eating a one-day high GI load is simply a "this for that" approach - i.e., swapping whole grain, high fiber low GI carbs for high GI carbs. Notice that many of these food choices will work for someone on a gluten free diet, which I have indicated with a GF symbol.

High GI Eating Plan:

| Instead of.... | Eat these high GI foods |
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| Cereals based on oats, barley and bran | Cornflakes, rice chex, corn chex, puffed rice cereal (all gluten free (GF) as well) |
| Unsweetened cereal | Cereal with added sugar or raisins |
| Breads made from whole grains, stone-ground flour, or sour dough | White bread, rice crackers (GF), white bagels, rice cakes |

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| Baked potatoes with added butter or margarine | Mashed potatoes made with water, no added butter |
| White pasta cooked well (past ala dente) | Whole wheat pasta, ala dente cooked pastas |
| Whole grains such as quinoa, wild rice | White rice (GF) |
| Canned fruit in syrup | Raw fruit (high in fiber) |
| Beverages – sport drinks, regular soda, fruit drinks | Fruit juice |
| Jelly beans, hard candy, jam/jelly/honey (GF) on white bread or rice crackers (GF), Clif bar Cookies ‘n Creme | Granola bars, high protein sport bars, doughnuts, cookies with peanut butter or nuts |

RESTING after loading essential to maintain stores!

It is possible to fine-tune your high GI loading plan by counting up the grams of carbohydrate in each food. Aim for about 4.5 grams of high GI carbohydrates per pound of body weight. For a 180# male, that would translate to 810 grams of high GI carbs. A 120# female would need to eat 540 grams.

Sample High Glycemic Index Carbo Loading Meal Plan
(150# male/675 g carbohydrate)

Breakfast

2 servings McDonald's Pancakes
6 T. pancake syrup
8 oz cranberry juice cocktail drink

Snack

White bagel with 1 T. jam or jelly

Lunch

1 cup mashed potatoes with 2 T. lite margarine
3 oz chicken or fish (avoid high fat meat or dairy)
1 slice white bread & 1 tsp jelly
½ cup cooked carrots
12 oz regular soda (with sugar)

Snack

½ cup raisins
6 oz Gatorade Energy Drink

Dinner

2 cups cooked spaghetti
3 oz spaghetti meatsauce
1 slice white bread
6 vanilla wafer cookies

Snack

8 oz Energy Drink