

Basic Rule of Thumb for Carbohydrate Intake

This is a basic rule of thumb to follow.

During breakfast and lunch you can have starchier carbs because your insulin sensitivity is higher and your body will not have to secrete as much insulin. These carbs will all be extremely fibrous and slow burning, like brown rice, beans, sweet potatoes, etc. The only time you want any simple carbs is during your post workout meal, which will be just enough to suppress cortisol while your insulin sensitivity is high. The rest of the day will be essentially carbless, with the exception fibrous greens. Add EFA's (Essential Fatty Acids) here. Before bed, a slow digesting protein source is good, a casein source. Cottage cheese for example is great. They gel in the stomach when digesting, thus release a steady stream of amino acids slowly. The body does not need carbs at night. Have some EFA's here with some fiber.