



THE ULTIMATE CARB-TIMING GUIDE

CHEAT SHEET FOR LIFTERS

High-GI Carbs (70-100+) — Post-Workout Only

Fast-digesting to spike insulin & reload glycogen

- Dextrose (100)
- White Rice (73)
- Maltodextrin (90-110)
- Bagel (72)
- Watermelon (76)

Best Use: Mix with protein post-workout (e.g., whey + dextrose).

Moderate-GI Carbs (55-69) — Strategic Fuel

Balanced energy for meals

- Brown Rice (68)

- Oatmeal (55)
- Sweet Potato (63)
- Banana (62)

Best Use: Pre-workout or with protein if **fast-digesting** (e.g., oats + whey).

Low-GI Carbs (<55) — All-Day Energy

Slow-digesting to avoid fat storage

- Quinoa (53)
- Lentils (32)
- Chickpeas (28)
- Broccoli (15)

Best Use: Meals far from training (e.g., lunch with chicken).

Pro Tips for Lifters

- **1. High-GI + Protein** = Post-workout growth window (e.g., rice + chicken).
- **2. Low-GI + Fats** = Stay lean (e.g., quinoa + avocado).
- **3. Avoid High-GI Alone** Spikes insulin – fat storage.

GI Index Quick-Reference Table

Food	GI Score	Best Timing
Dextrose	100	Post-Workout
White Rice	73	Post-Workout
Oatmeal	55	Pre-Workout
Sweet Potato	63	Any Meal
Lentils	32	Rest Days