

Examples of 30-60g of carbohydrate for endurance events

Aim for 30-60g of carbohydrate from one hour onwards, in endurance events/sessions lasting >90min.

Banana and sports gel



51g

Clif bar



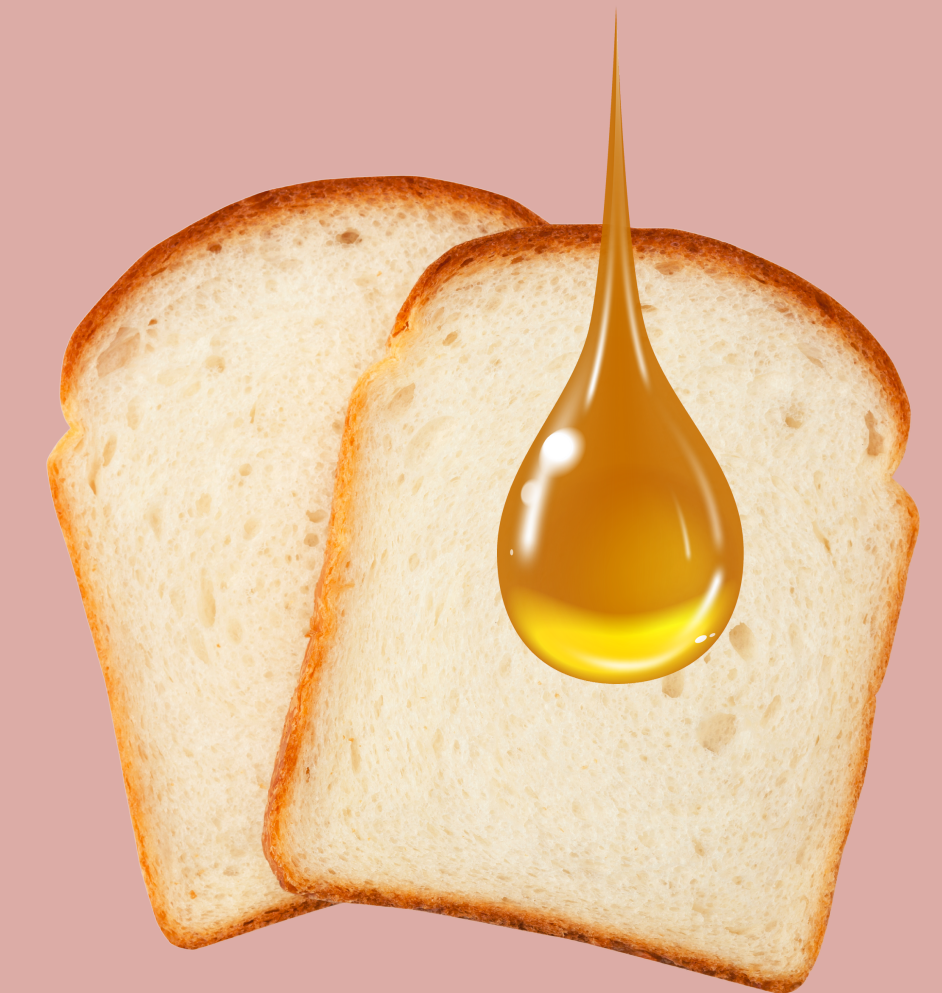
44g

600ml Gatorade



36g

Honey sandwich



50g

15 Jelly Beans



30g

2 gels



59g

4 snakes lollies



38g

600ml Powerade



35g

Examples of 30-60g of carbohydrate for endurance events

Aim for 30-60g of carbohydrate from one hour onwards, in endurance events/sessions lasting >90min.

60g packet GU Chews



44g

Peanut butter sandwich



30g

2 Uncle Toby's muesli with milo bars



36g

2 Golden Circle fruit puree pouches



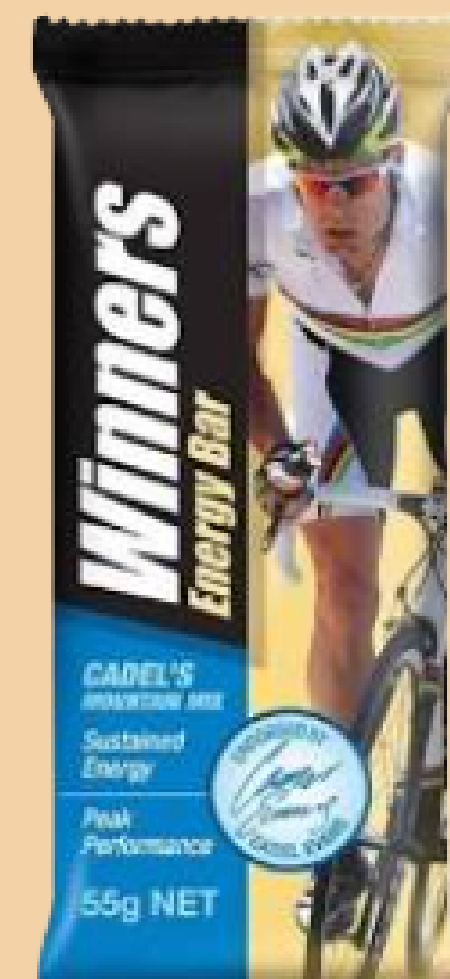
52g

3 scoops Staminade in 750ml water



43g

Winners Energy Bar



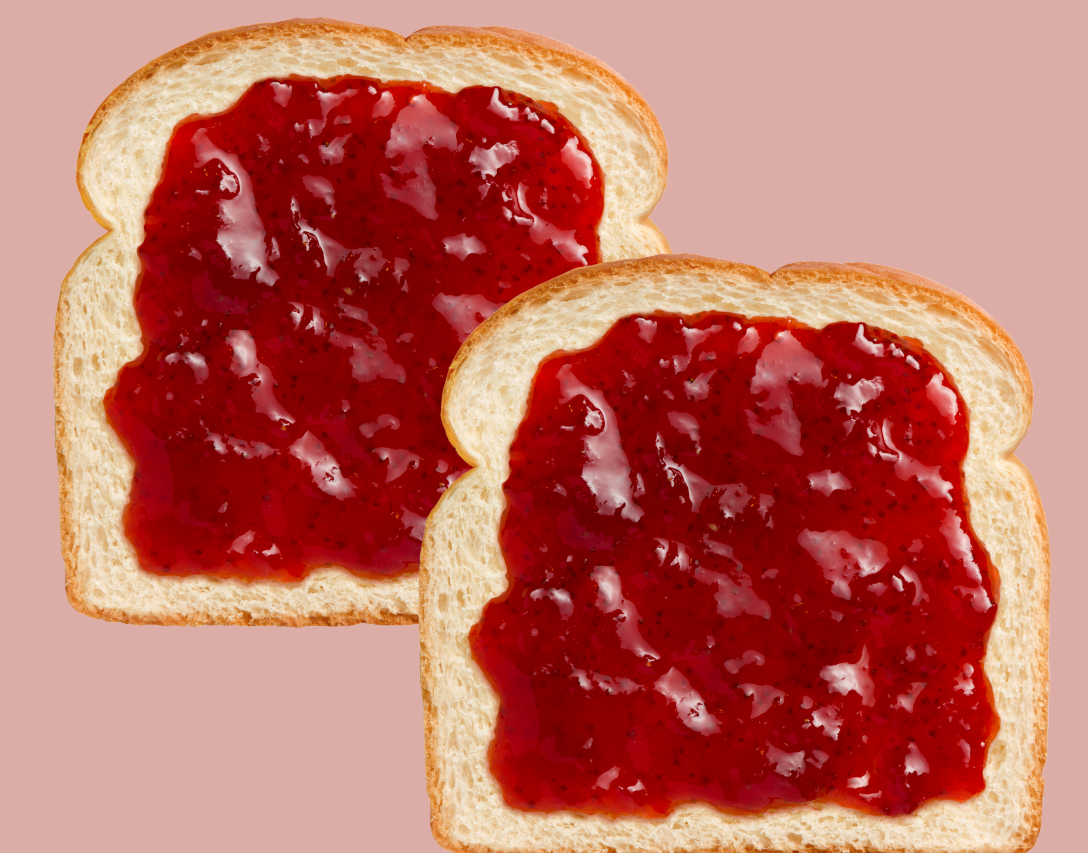
37g

50g pretzels



32g

Jam sandwich



44g

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