

Nutrition Focus: Carb Cycling 4



Best Carbs for Carb Cycling

When designing a carb cycling meal plan, it's not just about paying attention to *how many* carbs you're eating, the *types* of carbs you're eating is important too. If you use your high-carb days as an excuse to eat pizza and ice cream, there's a slim chance you'll reach your health goals.

That's why it's best to choose nutrient-dense, slow-digesting carbohydrates instead. Examples of healthy carbohydrates for your high-carb days include:

- Sweet potatoes
- Sprouted quinoa
- Sprouted brown rice
- Beans
- Lentils
- Butternut squash
- Beets
- Pumpkin
- Bananas
- Apples

These foods aren't just high in carbohydrates, they also provide important vitamins, minerals and antioxidants as well as a good amount of fiber. Because they're fiber-rich, they'll move through your digestive system slowly and keep your blood sugar and insulin levels stable even on your high-carb days.

In addition to weight loss, other benefits of burning fat for energy (a metabolic condition called ketosis) include improved mental focus, reduction in sugar cravings, better skin, improved cholesterol levels and balanced blood glucose levels. The easiest way to switch your body from burning glycogen to burning fat is by restricting your intake of dietary carbohydrates