

### **Cold cereal**

Rather than eating puffed or flaked cereals, choose dense cereals such as Grape-Nuts, Wheat Chex or lowfat granolas. If constipation is a problem, choose brands with fiber or bran in the name (raisin bran, bran flakes). Add extra carbs by topping the cereal with bananas, raisins, and other fresh or dried fruits. Consider saving sugary cereals for snacks or dessert, rather than eating them for breakfast.

### **Bagels, lowfat muffins, corn bread, banana bread**

For extra carbohydrates, spread these with jam or honey rather than butter, margarine, cream cheese.

### **Pancakes, waffles, french toast**

Top these with additional carbohydrates such as maple syrup, blueberry sauce, fruit yogurt, honey, jam, or applesauce. Use butter or margarine sparingly, if at all.

### **Fruit**

Dense fruits such as bananas, pineapple, raisins, dates, apricots, and other dried fruits offer more carbs than do watery fruits (such as grapes, plums, and peaches). Don't try to carbo-load on *too* much fruit; you may end up with diarrhea!

### **Juice**

Apple, cranberry, cranraspberry, grape, pineapple, apricot nectar, and most juice blends offer more carbohydrates than do orange, grapefruit, and tomato juices. You can increase the carbohydrate content of frozen orange juice by simply diluting it with less water than the directions suggest. Fruit smoothies (made by mixing fruit and juice in the blender) are excellent, carbohydrate-rich drinks.

### **Desserts**

Although many desserts such as cheesecake, ice cream, and rich cookies are made with lots of cream, butter, and shortening (and thereby have a high fat content), you can carbohydrate-load on lower fat (and more nutritious) alternatives such as apple crisp, blueberry cobbler, angel cake, date squares, fig bars, and oatmeal raisin cookies.

### **Frozen yogurt, lowfat ice cream, sherbert, sorbet, juice bars**

These lowfat frozen desserts are preferable to rich and creamy choices. If you must have ice cream, choose the lower fat (less expensive) brands that have a higher percentage of calories from carbohydrates than do the high-priced gourmet brands.

### **Refined sugars and other carbohydrates with little nutritional value**

Fueling-up on foods loaded with refined sugars is the equivalent of putting gas in a car but neglecting the spark plugs (that is, the vitamins and minerals). Although refined sugars do fuel the muscles, they lack nutritional value. If desired, eat the following sweets in moderation—and in addition to other wholesome foods:

- Jelly beans, licorice, gummy bears, marshmallows, and other low-fat sweets
- Honey, brown sugar, jam, jelly, maple syrup
- Carbonated soft drinks, lemonade, Kool-Aid, and other sweetened beverages
- Sports drinks (such as Gatorade, Ultra-Fuel or other sports drinks and recovery beverages)
- Commercial carbohydrate powders and formulas