

In the list provided, you can see the food item and the amount that corresponds to one carbohydrate portion, for example, 2 pieces of whole grain bread + 3 dl of flavored yogurt = 4 portions of carbohydrates.

- Consult your specialist to determine the appropriate amount of carbohydrates for your sport and goals. Please note that the quality of the carbohydrates also matters.

Breakfast and before bed snacks

Oat/barley porridge	2dl	Rice porridge	2dl
Oats non-cooked	0.75dl	Croissant	1 piece
Muesli, granola	0.5dl	Rice puffs / corn flakes	1.5 dl
Whole wheat bread (fiber >6g/100g)	1 piece	Bread low in fibre (<6g/100g)	1 piece
Jam	3 tbs	Juice	1 glass (1.75dl)
Yogurt (flavored)	1.5dl	Hot chocolate	1.75dl

Snacks

Muesli bar	1 piece (25g)	Snack bar (e.g. Elovena)	1 piece
Apple, orange, pear	1 piece	Banana	half
Whole wheat bread (fiber >6g)	1 piece	Bread low in fibre	1 piece
Rice or rice-corn cakes	3 pieces	Recovery drink e.g. gainomax	1,25dl
Sports drink e.g. Powerade	2.5dl	Maltodextrin	0.33dl



Lunch and dinner

Whole wheat pasta	boiled ~ 1dl, un-cooked ~ 0.5dl	White pasta	boiled ~ 1dl, un-cooked ~0.5dl
Brown rice	boiled ~1dl, un-cooked ~ 0.33dl	White rice	boiled ~ 1dl, un-cooked ~ 0.33dl
Macaroni casserole	1 dl	Ham or salmon potato casserole	1.5dl
Tortilla	3/4 (30g)	Spinach pancake	4 pieces
Hamburger	half	Pizza (from restaurant)	One quarter
Milk	2 lasia (3.5dl)	Non-alcoholic beer	2 glasses
Potato	1.5 egg sized	Karelian pie	Half of medium sized

Treats

Candy	20g	Ice cream (vanilla)	2dl/100g
Soda (contains sugar)	1.5dl		