

BORN FITNESS PRESENTS:

# CARB STRATEGIES

FEATURING NATE MIYAKE



BORN FITNESS

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# So you want to figure out how many carbs you should be eating each day?

Good.

Because I'm going to provide three ways to figure out what's right for you, thanks to the help of Nate Miyake, author of *The Truth About Carbs*.

## Rule #1: Carbs & Anaerobic Performance

While the body can use fatty acids as fuel at rest—and even those who train only in the aerobic zone can become "fat adapted"—high intensity activity requires glucose.

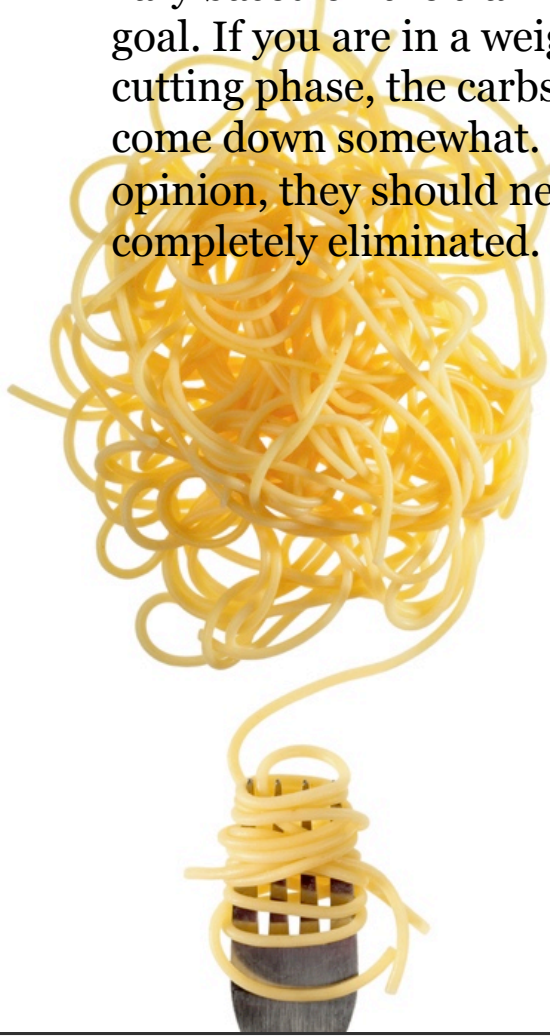
So if your only form of exercise is jogging (I believe Ron Burgundy pronounces it yogging—the J is silent), then a carb cutting diet may just be for you. Give it a low-carb shot. However, low carb diets negatively impact performance in higher intensity activities, like strength training, sprint events, and cross-training. Low glycogen levels as the result of inadequate carbohydrate intake are associated with low energy levels, fatigue, lack of motivation to train, and decreased performance.



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Conversely, numerous studies have documented the powerful positive effects of carbohydrates and elevated muscle glycogen concentration on performance, work output, high intensity intermittent activity, and high intensity exercise of short duration.

If you want to maximize performance in high-intensity activities, carbs should be a part of your diet. Yes, amounts will vary based on the training phase and goal. If you are in a weight loss or cutting phase, the carbs will have to come down somewhat. But in my opinion, they should never be completely eliminated.



Science?

You want Science?

Here are some studies to backup theories:

Langfort, et al. **The effect of a low-carbohydrate diet on performance, hormonal and metabolic responses to a 30-s bout of supramaximal exercise.** Eur J Appl Physiol Occup Physiol. 1997;76(2):128-33.

**Effects of a low- or a high-carbohydrate diet on performance, energy system contribution, and metabolic responses during supramaximal exercise.**

Lima-Silva AE, Pires FO, Bertuzzi R, Silva-Cavalcante MD, Oliveira RSF, Kiss MA, Bishop D. Appl Phys Nutr Metab. 38: 928–934 (2013)

Haveman, et al. **Fat adaptation followed by carbohydrate loading compromises high-intensity sprint performance.** Journal of Applied Physiology Published 1 January 2006 Vol. 100 no. 1, 194-202

## Rule #2: Carbs & Natural Testosterone Levels

Sufficient carbohydrate intake supports an optimum free testosterone to cortisol ratio *in response* to high intensity activity. Our industry focuses on how important dietary fat is for supporting natural testosterone levels in all populations, which it is, but carbohydrates also play a role specifically for athletes.

Forget fat intake and testosterone for a second. Low T and no sex drive is the #1 symptom I've seen with male athletes combining no carb diets with anaerobic training. If you're hitting the juice or TRT to compensate, it doesn't matter so much. But if you're doing it naturally, you need a more informed approach.

More science:

Lane, et al. **Influence of dietary carbohydrate intake on the free testosterone: cortisol ratio responses to short-term intensive exercise training.** Eur J Appl Physiol. 2010 Apr;108(6):1125-31.

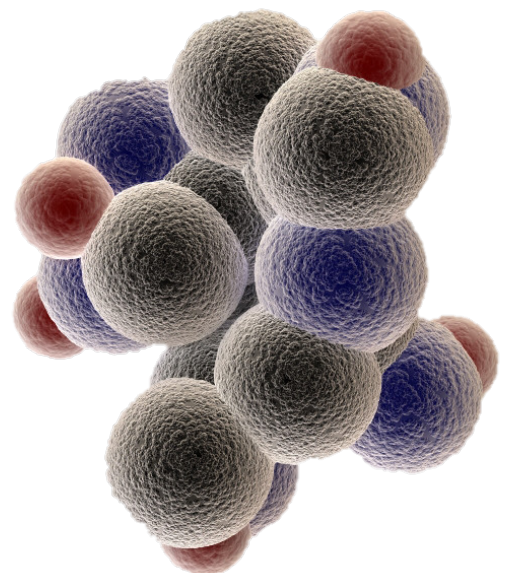


## Rule #3: Carbs & Immunity

Hard training can cause a temporary impairment of the immune system. This increases your susceptibility to illness. With consistent high-intensity exercise, adequate carb intake lessens the negative changes in immunity brought about by training.

This is why many who combine low-carb diets with high-intensity training get sick all of the time. Do you catch every cold or flu going around town? Do they wipe you out for longer periods of time than they should? Maybe a more appropriate carb intake can help.

*Glucose is an important fuel for cells of the immune system, including lymphocytes, neutrophils, and macrophages...cells of the immune system have extremely high metabolic rates, and this finding highlights the importance of adequate nutrition for the provision of fuels to maintain immune-competence. – Asker Jeukendrup, Sports Nutrition.*





## **Practical Carb Strategies for Athletes & Regular Exercisers**

Considering all of the above, I like to keep carbs as high as possible to fuel and recover from anaerobic training while:

- Eating enough protein to support lean muscle mass
- Eating a baseline level of fats to support normal functioning and natural hormone production
- Eating the right amount of calories to hit your specific performance or physique goals.

To accomplish that:

- Set calories at a level that is ideal for your specific performance or physique goals
- Set protein and baseline fat intake
- For your baseline plan, fill in all remaining calories with carbohydrates
- Adjust the calories as necessary based on feedback and progress, primarily by increasing or decreasing carb intake

Ultimately you will land in the sweet spot of the carbohydrate spectrum that is the right fit FOR YOU.



## **Want More Personalization?**

If you want to stress less about what you should eat when then check out my coaching program [HERE](#). I create personalized diet plans specified to your needs.