

# The Truth About Carbs at Night

Carbohydrates seem to be the enemy these days. Cut out carbs, don't eat carbs at night, blah blah blah. Let's change this attitude because I can promise you that carbs are not the enemy!

Carbohydrates are used in the body as a source of fuel. Especially when exercising, carbs can be a great way to boost your energy and really get the most out of your workout. The main question I get asked on a very regular basis is, 'should I eat carbs at night?' Well the answer might surprise you...

I said carbohydrates are a fuel for the body, they give us energy, but we don't need a lot of energy at night because we are sleeping. And because we are not using that energy, it is going to be stored as fat, right? Despite what many may believe, this is not the case. Metabolism does slow down during sleep but it doesn't stop, especially if you exercise regularly. Without getting into the depths of how metabolism works and how glucose



tolerance and insulin resistance affects the body, let's just say the body works hard while you sleep to recover from a hard day's work. It is prime time for muscle building, tissue repair and to recharge and restore. If sleep is your prime time for muscle recovery, it makes sense that a meal including some complex carbs and proteins will assist in the repair and recovery process.

SO..... The answer is yes, you can have carbohydrates at night. However there are a few rules. Firstly, it's not the time that you eat carbs, it is the amount you eat in a day. Same goes for calories. It is total calorie intake that matters most. If you consume too many calories in a day, it will eventually lead to weight gain. If you eat a lot of carbs during the day, you don't want to overdo the carbs at night. But if you balance your meals through the day, than a carb based meal for dinner is completely fine. Secondly, make sure you choose the right carbs. Complex carbs are the winners. Brown rice, sweet potato, wholemeal pasta are all great carbohydrate options for dinner. And finally, your portions are important, make sure you keep your portions in check. How big your portion should be will come back to how many carbs you have had during the day. Had a fairly low carb day, enjoy a yummy bowl of pasta, but had a bigger carb day, good idea to have a smaller portion.

There you have it, carbs are not the enemy and may even be beneficial at night to building lean muscle and recovering from exercise. If you train at night, I would definitely recommend including carbohydrates at night. On rest days, the days you do not exercise, cut down the carb portion for dinner and have a small serving rather than a carb based dinner like pasta. Most of all, I would not recommend a completely carb-free diet. Carbs give us energy. Carbs are a source of fuel for our bodies. Use them to your advantage, don't be scared of them. The quality of the carbohydrate, the portion and the total carbohydrate intake is more important than the timing you eat them.

Now you can enjoy that bowl of Spaghetti Bolognese for dinner without the guilt. Bon Appetit!