

# RTB Spa Complete Carbohydrate Guide

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## COMPLEX CARBOHYDRATES

### WHOLE GRAINS

#### 1. Quinoa (1 cup cooked)

- Calories: 222
- Carbs: 39g
- Fiber: 5g
- Protein: 8g
- Iron: 15% DV
- Benefits: Complete protein, gluten-free, high in magnesium
- Best for: Post-workout recovery, sustained energy

#### 2. Brown Rice (1 cup cooked)

- Calories: 216
- Carbs: 45g
- Fiber: 3.5g
- Protein: 5g
- Magnesium: 20% DV
- Benefits: Sustained energy, digestive health
- Best for: Base for healthy meals, pre-workout

#### 3. Oats (1 cup cooked)

- Calories: 307
- Carbs: 55g

- Fiber: 8g
- Protein: 11g
- Iron: 19% DV
- Benefits: Heart health, stable blood sugar
- Best for: Breakfast, pre-workout fuel

## STARCHY VEGETABLES

### 4. Sweet Potato (1 medium, baked)

- Calories: 103
- Carbs: 24g
- Fiber: 4g
- Vitamin A: 438% DV
- Potassium: 542mg
- Benefits: Antioxidants, eye health
- Best for: Post-workout recovery

### 5. Butternut Squash (1 cup cooked)

- Calories: 82
- Carbs: 22g
- Fiber: 7g
- Vitamin A: 457% DV
- Benefits: Immune support, skin health
- Best for: Healthy side dish

## LEGUMES

### 6. Black Beans (1 cup cooked)

- Calories: 241

- Carbs: 44g
- Fiber: 15g
- Protein: 15g
- Iron: 20% DV
- Benefits: Blood sugar control, heart health
- Best for: Plant-based protein source

## 7. Lentils (1 cup cooked)

- Calories: 230
- Carbs: 40g
- Fiber: 16g
- Protein: 18g
- Iron: 37% DV
- Benefits: Digestive health, sustained energy
- Best for: Vegetarian meals, muscle recovery

## SIMPLE CARBOHYDRATES

### FRUITS

#### 1. Banana (1 medium)

- Calories: 105
- Carbs: 27g
- Fiber: 3g
- Potassium: 422mg
- Benefits: Quick energy, muscle function
- Best for: Pre/post-workout snack

## 2. Apple (1 medium)

- Calories: 95
- Carbs: 25g
- Fiber: 4g
- Vitamin C: 14% DV
- Benefits: Blood sugar regulation
- Best for: Healthy snacking

## 3. Berries (1 cup)

- Calories: 85
- Carbs: 20g
- Fiber: 4g
- Vitamin C: 85% DV
- Benefits: Antioxidants, brain health
- Best for: Pre-workout energy

## NATURAL SUGARS

### 4. Honey (1 tablespoon)

- Calories: 64
- Carbs: 17g
- Benefits: Natural antibacterial properties
- Best for: Natural sweetener, energy boost

### 5. Dates (2 medium)

- Calories: 133
- Carbs: 36g
- Fiber: 3.2g

- Potassium: 334mg
- Benefits: Natural energy, minerals
- Best for: Pre-workout energy

## TIMING RECOMMENDATIONS

### Pre-Workout:

- Simple carbs 30-60 minutes before
- Examples: Banana, dates, honey

### Post-Workout:

- Complex carbs within 2 hours
- Examples: Sweet potato, quinoa, brown rice

### General Meals:

- Complex carbs as base
- Pair with protein and healthy fats
- Include fiber-rich options

## PORTION GUIDELINES

### Active individuals (per day):

- Women: 3-5 servings
- Men: 4-6 servings

### 1 Serving equals:

- 1/2 cup cooked grains
- 1 medium fruit
- 1 slice whole grain bread

- 1/2 cup cooked legumes

#### TIPS FOR OPTIMAL CARB CONSUMPTION

1. Choose whole grain over refined
2. Include variety of colors in vegetables
3. Pair with protein for sustained energy
4. Time intake around workouts
5. Consider individual tolerance
6. Focus on fiber-rich sources

Note: DV = Daily Value based on a 2,000-calorie diet

All values are approximate and may vary by brand and preparation method.

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