

PREVIEW_ Is Low Carb Bad for Exercise_ - Answers to Common Questions

Dr. Eenfeldt: Is low-carb bad for exercise?

Dr. Brukner: Well, that's an interesting area. I mean, certainly it depends on what type of exercise we are talking about. It's very clear evidence now that endurance, especially ultra endurance exercise, a low-carb high-fat diet is actually beneficial.

Because you can maintain your blood sugar level with that having to constantly replenish your... top up your carbohydrate supplies. So I think for endurance exercise it certainly seems to be okay.

The question is whether for very intense exercise, you need some additional carbs. And some people seem to, some people can manage on low-carb. So there's a little bit of individual variation there I think.

So, quite a good compromise I think is this concept of training low, compete high. So, during the week, if you are playing a game every weekend, you'll be lowering carb high-fat during the week and then, on game day, you'll just top up with some carbs.

So, you get the best of both worlds, if you like. You're using your fat and then you are topping up your carbs.

Dr. Eenfeldt: So you are eating the cake and having to... only that you're not eating cake.

Dr. Brukner: Exactly.