

## PREVIEW\_ Prof. Tim Noakes - Why I Supported High Carb (SA 2015) 2

**Prof. Noakes:** In the 1980s, Dr. Bosch and my group, we started studying the whole metabolism during exercise. I only show you this because I'm told every day by people who have an undergraduate degree... "You know nothing about nutrition."

I have only been studying it for 30 years. And that really frustrates me. So... You have the liver, you have muscle and they produce energy and you store energy either in the form of carbohydrates or triglycerides.

And so you can burn glycogen and glycogen from the liver or the muscles to energy, you can ingest carbohydrate and that comes into the system and you can also oxidize lactate. And you can oxidize fat. We studied every single of those posterizes, which is highly sophisticated. It was some of the best work ever done in the field.

And one of the keys is to know how much fuel there is available. And here we're focusing on 100 g of glycogen, 400 g of muscle glycogen, 200 g of inactive tissue, about another 60 g of that which you can provide, and we were ignoring... that. That was the elephant in the room.