

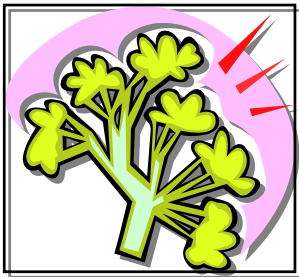
# FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT  
AND THE AMERICAN COUNCIL ON EXERCISE

## *Carbohydrates*

### Complex Carbohydrates

Potatoes  
Corn  
Beans  
Rice  
Most Vegetables  
Whole Grain Products



### Simple Carbohydrates

Sugar  
Candy  
Milk  
Some Fruits  
Processed Breads

Carbohydrates are the primary source of energy for most types of activity including weight training, football, soccer, tennis, volleyball and fighting fires. The body stores carbohydrates in the muscles and in the liver as glycogen. When energy is needed glycogen is broken down to glucose and burned for fuel.

The brain can only use glucose for energy. When blood glucose levels drop too low you may feel dizzy, tired, irritable and confused.

There are two types of carbohydrates: simple and complex. Many simple carbohydrates are considered "empty calories" since they are all sugar and contain no vitamins or minerals. Complex carbohydrates are broken down more slowly and produce a steady source of continued energy. They also contain vitamins, minerals and fiber.

## **Fuel for the Fire**

- † Consume 50 to 60% of your total calories from carbohydrates.
- † Avoid empty calorie carbohydrates (they have no nutrients and can cause rebound hypoglycemia).
- † Get most of your carbohydrates from complex sources (i.e. vegetables, whole grains, beans, etc.)
- † Eat a variety of carbohydrates (i.e. bread, cereal, pasta group; fruit group; vegetable group; milk, yogurt, cheese group.)