



Macronutrient #2: Carbohydrates

Transcript

Okay by this point you should have a solid grasp of nutrition...

We've introduced the king of nutrition for skinny dudes, calories, and we've introduced you to the first macronutrient, protein.

And with the workout program you should also have a great understanding of how it all fits together and be on your way to building some serious strength and soon solid muscle.

Now you might have been wondering what to do with the rest of your nutrition? Never fear, science is here.

The strongman shakes have already introduced you to the three macronutrients. Protein, carbs and fats.

But as effective as [The Strongman Shake](#) is, you need more than that to get major muscle growth and that's where the rest comes into play...

So let's look at the other two starting with the one that's truly an anabolic switch...

Macronutrient #2: Carbohydrates Fuelling Your Muscle Growth

I'm sure this needs no introduction.

Most know the word carbs, and if you're a guy that's already tried to build muscle I have no doubt they are a big part of your diet

When it comes to being athletic in the gym, feeling amazing, building



muscle and lifting heavy ass weights, carbs are a macronutrient you definitely want to use in your favour.

By the way, just like protein, every gram of carbohydrate you eat has an equivalent calorie value of just over 4 kcals. Carbs are super easy to consume, making them an ideal macronutrient to hit an energy surplus

But what exactly are carbohydrates, and what's their purpose with superhero fuel?!

Regardless of the type, all carbohydrates we consume are digested into simple sugars before absorbed by the body, regardless of whether the food source is a simple sugar cube or a high-fibre, low glycemic index bowl of porridge. The only difference is how fast they are absorbed.

Once broken down and absorbed, these sugars circulate the blood stream filling up body tissue with energy stores, mostly the liver and the muscles.

Carbohydrates are primarily a source of short term high energy rate fuel for your body's cells. If you have ever spent time around someone on a low carb diet and they look and move in a sluggish way you've seen this in action.

Carbs help to fuel your training, recovery and meet your energy surplus needs.

So what's up with different carbohydrate types and which ones are best?

Before we get into that, you might have actually heard some bad stuff about carbs...

Most people have the idea that carbs are the enemy and that:

"They make you fat."

But that isn't the truth. period...



As we've discussed before, each body type is different and although the basics of digestion are the same, people do differ in their response to eating carbohydrates. In our experience, the major difference is related to how carbohydrates affect appetite after eating them.

However, as we'll discuss in a few minutes, the carbohydrate type can play an important role too...

So why is it important for skinny dudes to have them?

Well carbs are considered to be anabolic because they elevate circulating insulin - a hormone that is really known as the "growth hormone".

Because your genes help you (or prevent you) from gaining a lot of weight, it means you can use carbs to your advantage to fuel muscle growth

And to help with the whole "aren't carbs bad for you?"

As mentioned before, If carbs scare you, remember that virtually pretty much everyone on the planet gets the vast majority of their calories from carbs, and virtually every successful bodybuilder will spend most of the year bulking on a high carb diet.

In fact, I think this pretty much sums up what you need to bare in mind, as a skinny dude...

*"Everyone always focuses on protein
but if you want to get jacked carbs are crucial."*

- Jason Ferruggia



So if carbs are needed, can you eat any source of carbs and still get the same results?

A Look At “Good” Carbs And “Bad” Carbs. And Is there such a thing?

I don't believe in demonising any food groups.

I believe a diet, especially for a skinny dude should have a healthy dose of each of the macros, but there are food sources that your diet should be made up of more, and sources that should be limited and that you might want to avoid if you want to feel great as well as looking great..

There are 3 basic forms of carbs:

Sugars: foods made up of small molecules or short chains of sugar molecules. These include glucose, fructose, galactose and sucrose.

Starches: carbohydrates that are made up of longer chains of sugar molecules that take longer to break down in the digestive system.

Fibre: Carbohydrates that the body cannot digest.

But an easier way to explain and understand carbs isn't by their scientific terms, but instead by putting them into 2 simple categories...

There are two main types of carbohydrates: Simple and complex carbohydrates...

What trips most guys up are knowing the difference between simple carbs that hit the bloodstream quick, and the ones that give you a slow release of energy.



Now some people like to define all starch and fibre as complex carbs and all sugars as simple carbs.

However, this definition can be confusing.

That's because some starchy foods like sweet potatoes, quinoa and legumes provide many health benefits, while other starch sources like refined wheat flour are associated with a myriad of health problems.

Additionally, not all sugars have the same effect on your body. Added sugars like those found in baked goods and sugary drinks have a completely different response than the natural sugars found in whole fruits and vegetables.

So let's break them down now and talk about the differences between the two in a little bit more detail :)

Carb Type #1: Simple Carbs

Simple carbs tend to get a bad rep. These contain sugars or starches that have been processed, they are generally low in micronutrients and don't contain fibre.

As we spoke about before, simple carbs are known to cause a large and fast insulin spike, which usually comes with a big crash to follow.

These suck if you want to have constant energy

But it isn't all doom and gloom, in fact there is a positive effect from them too...

They can have an amazing effect on muscle growth and recovery when used in moderation, especially around workouts. You can very quickly slam an extra 350-500 kcals of a simple carb and protein mix around training to support your energy surplus and training recovery



These carbs aren't bad in moderation, but as a rule can be limited throughout the day.

For now just know that this can result in sugar highs, followed by lethargy-filled sugar crashes (say around lunchtime when a nap sounds like pure bliss).

But a simple solution is to eat balanced meals + don't get fat ;)

So what are some examples of these carbs?

- Bananas
- Rice (of any kind)
- White potatoes
- Fruit juices & sugary drinks
- Sugar, honey, syrups

We recommend keeping most of your simple carbs for around or after training, and we even include them as part of The AA Method (which we'll tell you about later on)

Carb Type #2: Complex Carbs

Complex carbs are healthier than simple carbs because they are generally nutrient dense. This means they contain a large amount of nutrients in relation to the number of calories they provide.

They are whole, unprocessed foods. And this is where you should get the bulk of your carbs.

The benefits to complex carbs are pretty damn great.



1) Complex Carbs Are Less Likely to Cause Blood Sugar Spikes

As mentioned before simple carbs are digested very quickly, which causes a spike in your blood sugar.

Fibre-rich, complex carbs take much longer to break down than simple carbs. This helps keep blood sugar levels steady, as sugar reaches the bloodstream gradually. This means you'll have a constant level of energy and won't be falling asleep at your desk during work

2) They help promote a Healthier Digestive System

Soluble fibers found in complex carbs have been proven to feed the beneficial bacteria and increase their presence in your gut. They also help the bacteria produce nutrients, such as short-chain fatty acids, and these are beneficial for digestive health leading to better absorption of protein and overall better well being.

And they help you feel pretty damn good

The bulk of your carbs will want to come from these sources

My favourite carbs are sweet potatoes, oats, or fruits like apples, oranges, kiwis.

The wider and more balanced your carb intake the better. Here are some ideas, but feel free to switch things up whenever you fancy.

- Sweet potatoes
- Oats
- Apples, oranges, pears, kiwis
- Beans and lentils
- Whole-wheat pasta



How To Use Carbs For Maximum Muscle Growth

Okays so at this point you should know what they are, what they do and why you need them.

Now let's get to covering how much you actually need to take in order to build muscle...

The perfect starting point is to crank your carb intake high - to around 2-3g of carbs per pound bodyweight. And then make adjustments after if needed.

Essentially, after you've estimated your protein and fat needs, the rest of your calories can come from carb sources.

In the main lesson we've set you up with your perfect macros and calories - this is from the calorie algorithm + your body type settings

Along with this we've also included a cheat sheet you can use to maximise your carb intake!

Remember, as a skinny guy, carbs are your friend and using them effectively will lead to more muscle growth, strength and performance.

That's it for now.