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Regardless of how you spend your days you need the right amount of carbohydrates to keep your energy up and body moving smoothly. But if you're a runner, someone who trains for a particular sport or just someone who does a lot of cardio you will need more daily carbs to replenish your energy than those who have a more sedentary lifestyle.

When it comes to carbs you have several choices. Many people choose carbs that have empty calories like candies, bakery treats and even certain breads to give them a boost. The best kinds, however, are carbs that are made from whole grains. They keep your blood sugar level for a longer period of time and take longer for your body to break down.

For a list of carbs that are great to consume after a cardio workout click on the link below.

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