

Exercise and Carbohydrate Replacement

Activity Grams of Carbohydrate Used per Hour
by a person who weighs

	100 lbs.	150 lbs.	200 lbs
Walking (3 miles/hour)	14	21	28
Jogging (5 miles/hour)	30	45	60
Running (7miles/hour)	52	77	103
Running (9 miles/hour)	69	103	138
Bicycling (5 miles/hour)	13	20	27
Bicycling (10 miles/hour)	30	45	60
Bicycling (15 miles/hour)	52	77	103
Swimming (20 yards/minute)	24	36	48
Swimming (50 yards/minute)	58	87	117
Gardening (light)	8	12	16
Pushing a power lawn mover	13	19	25
Bowling	13	19	25
Scrubbing Floors	17	25	33
Softball	17	25	33
Roller Skating	19	28	37
Tennis (doubles)	19	28	37
Raking Leaves or Hoeing	20	30	40
Digging a Garden	23	35	47
Tennis (singles)	25	38	51
Snow Shoveling	30	45	60
Digging ditches	31	46	62
Basketball (pickup)	39	58	77
Basketball (vigorous)	44	65	87
Racquetball (singles)	69	90	120