ABSTRACT OF THE DISCLOSURE

Nutritional compositions containing carbohydrates for maximizing performance and methods for using same are provided. The nutritional compositions provide a refreshing and easy to consume composition that provides adequate amounts and types of nutrition to provide the body with proper fuel for performance. The performance may be, for example, athletic, academic, or other performances requiring physical stamina and/or mental alertness. In an embodiment, the nutritional compositions are puree compositions including dextrose, dextrose polymers, crystalline fructose, corn syrup, and/or other grain/nut syrups including rice syrup, agave syrup, and/or palm syrup, and at least one pureed fruit and/or vegetable. The compositions have a carbohydrate fraction having glucose and fructose in a weight ratio from about 0.5:1 to about 5:1.