

A RUNNER'S NUTRITION GUIDE

L A I N E Y Y O U N K I N , M S , R D , L D N



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WHY YOU SHOULD EAT TO FUEL YOUR BODY

- Increase productivity
- Enhance mood
- Boosts Your Immunity
- Keeps You Strong
- Helps You Set New PRs
- Scores You Better Sleep



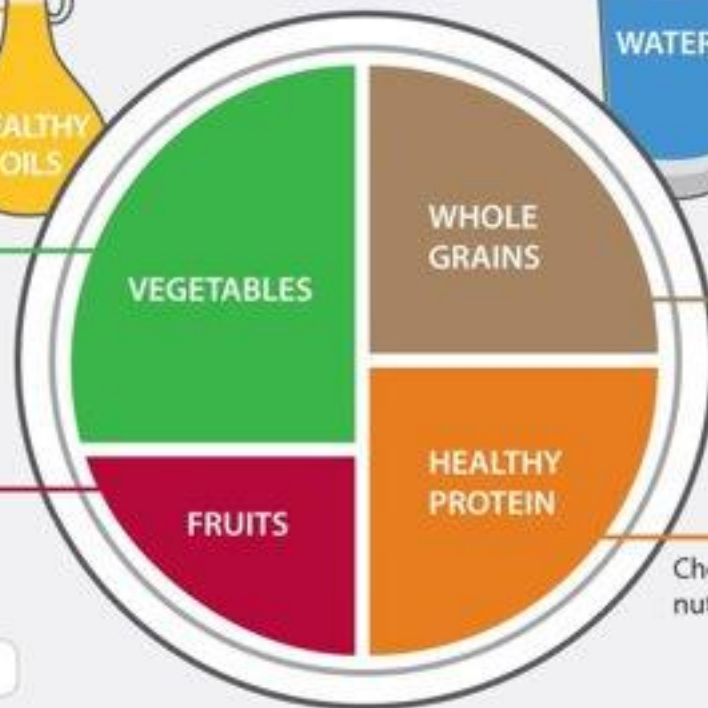
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE!

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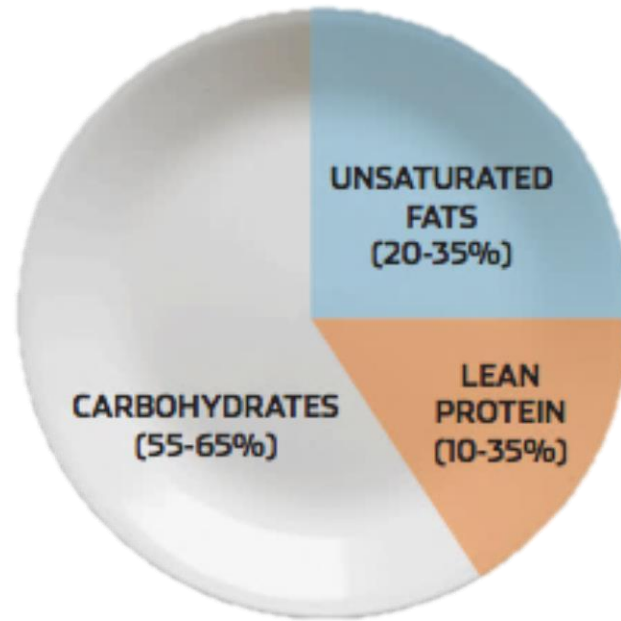


Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



A RUNNER'S PLATE



- CARBOHYDRATES- fruits, whole-grain breads, pasta, and vegetables
- UNSATURATED FATS- olive oil, walnuts, and avocados
- LEAN PROTEIN- chicken, sirloin, tofu, nuts, and seeds

PROTEIN

- Protein needs
 - At least 1 gram per kilogram of body weight
 - Up to 1.2-1.4 gm/kg BW for endurance athletes/runners
- Animal proteins are better absorbed than plant proteins
- Vegetarians/vegans may need more protein than their exercise level.



DAYS BEFORE THE RUN

- 2-3 days before long runs
 - Early, good dinner (carb-loading)
 - PLENTY of water
 - Avoid spicy meals
 - No / low alcohol



Examples:

- Breakfast: Bagel with 2 tablespoons strawberry jam (71g) (add nut butter or egg for protein)
- Lunch: Baked potato with ¼ cup salsa (69g) (w/ protein and vegs)
- Dinner: Chicken burrito with rice, corn salsa, black beans (105g) (w/ vegs)
- Ref: <https://www.runnersworld.com/nutrition-weight-loss/a20826888/the-right-way-to-carbo-load-before-a-race/>

BEFORE THE RUN

- 90-120 minutes before
- 350-550 calories
- High carbohydrate, low fiber, low fat



Examples:

- 1 1/2 cups brown or white rice with low-fat sauce (e.g. curry)
- 2-3 slices of toast, 1 English muffin, or 1 bagel with jam
- 1 1/2 cups white or wheat pasta with low-fat sauce (e.g. pesto, tomato sauce)
- 1 cup low-fiber cereal (<3 grams per serving) with skim or 1% milk
 - Cheerios
- 3/4 cup plain Greek yogurt with 1/4 cup berries
- 1 banana with 1 T peanut butter
- 1/2 cup oatmeal (dry) with 1/4 cup berries or dried fruit

DURING THE RUN

- Fuel every 20 minutes
- 45-60 grams of easily digestible carbohydrates every hour



Examples:

- Gatorade (1 20-oz bottle = 35 g CHO)
- Gu Gel/Chews(4chews = 23gCHO)
- Gu energy gel (1 packet = 23 g CHO)



The riper the fruit, the simpler its sugars, and the faster it will be absorbed into the bloodstream .

One banana contains fast-digesting carbohydrates that can be just as effective as a carbohydrate drink in terms of performance and blood sugar

WATER BREAK

RESEARCH SHOWS THAT DRINKING COLD
BEVERAGES BEFORE AND DURING EXERCISE
BOOSTS ENDURANCE.



SIP OFTEN: FREQUENT, SMALL AMOUNTS
HYDRATE YOU MORE EFFECTIVELY
THAN OCCASIONAL, MASSIVE GULPS.



HYDRATION RECOMMENDATIONS

- **Before workout**
 - 2-3 hours prior exercise: 16-20 oz fluid
 - 10 minutes prior exercise: 5-10 oz fluid
- **During workout**
 - Individualized to sweat rate – pay attention to your thirst
 - Every 15-20 minutes: 5-10 oz
 - Water and sports drinks
 - Sports drinks after 1 hour of exercise and/or in hot and humid weather
- **Post workout**
 - 16-24 oz for every pound lost – weight yourself before and after your run



AFTER THE RUN

- Consume a 4:1 ratio of carbs to protein within 15-30 min after race
 - Prevents muscle breakdown, replenishes glycogen stores
- Examples:
- 1 cup chocolate milk
 - 1 KIND or Lara granola bar
 - 1 rice cake with 2 T peanut or almond butter
 - 1 egg with whole wheat toast
 - 1 banana with 1 oz pistachios
 - 1/4 cup roasted chickpeas with 1/4 cup blueberries



Source: <https://blog.runkeeper.com/1817/10-great-post-workout-snacks-to-help-you-refuel/>



Examples:

- Chicken curry w/ 1 c brown rice, 2 c veks, & 3-6 oz chicken or tofu
- 1 c pasta w/ 2 c vegetables & 3-6 oz protein
- 3-6 oz salmon w/2 c veks & 1 rice



WHEN FULLY RECOVERED

Healthy
carbohydrate-
protein-rich, low-fat

DON'T FORGET TO ...

WATCH THE FIBER AND FAT

Keep your pre-run meals low in fiber and fats, and high in carbs.



HOLD THE SWEETENERS

Check the label of your snacks ending in “ol”—sorbitol, mannitol and avoid gels with fructose as the first sugar on the ingredient list.



DON'T FORGET TO ...



GET YOUR Z'S

Without sleep, your energy levels, immune system, and mood all take a hit.

EAT COLORFULLY

Choose foods that are low in calories but high in run-fueling nutrients



CARBO-LOADING



*Going overboard in the days before your event
can ruin your big day.*



THE MYTH

Binging on carbs before a race maxes out muscle glycogen, which sustains endurance for distance events like marathons.

Instead, gradually increase the 2-3 days before

RUNGER

A runner's hunger can come from waiting too long between meals. This means it is time for a change to your regimen.



- **Are you getting enough protein?** Protein stabilizes your blood sugar and helps you feel fuller longer.
- **Are you eating enough before a run?** Sluggish workouts come from workouts and clawing hunger later in the day.
- **Are you eating often enough?** If you are hungry after eating three meals, try spacing out the same amount of food into five smaller portions instead.

TIPS FOR WHEN YOU ARE TRAINING

- Don't Run on Empty
- Develop a Drinking Habit
- Maintain a Healthy Balance
- Keep a Food Diary
- Cut Back on the Junk
- Refer to handout





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