

# Running Nutrition Guide

To maintain health and energy as a runner consider the following:

- Eat big breakfasts, medium sized lunches, and light dinners for after-running recovery. (DO NOT EAT A HEAVY BREAKFAST BEFORE RUNNING PRACTICE OR RACES)
- Any full meals should be eaten at least two hours before a competition to complete digestion.
- Eat an energy packed snack about ½ hour before run.
- Keep muscles fueled by eating every 3 hours: 7am, 10am, 1pm, 3pm, 6pm and 9pm.
- Consume 2500 calories daily, broken down into:
  - 55% carbohydrates  
*Energy is acquired through carbohydrates converted to glucose, then glycogen. The night before running, increase complex carbohydrates: pasta, breads & green salad*
  - 20% protein  
*Muscles are maintained and repaired, and hormones are kept in balance through proteins. These foods take longer to digest, as much as 8 hours.*
  - 10% fats
- Keep nutrients plentiful by eating a variety of foods.

Include in your daily diet about: *(these calculate to 3200 calories total)*

- 3 servings of low fat dairy @100 calories each = 300 cal
- 5-6 servings lean meat @200 calories each = 1000+
- 10 servings of grains, legumes @150 calories each = 1500
- 7 servings of fruits @100 calories each = 200
- 4 servings of vegetables @ 50 calories each = 200

Accept *fat* in small amounts in your diet. 10% of intake includes fat.

- Avoid transfats i.e. partially hydrogenated vegetable oil, margarine, because it raises LDL, or bad cholesterol.
- Consume polyunsaturated fat, omega 3 oils, they lower LDL.
- Consume monounsaturated fats by including nuts, canola oil and olives, these lower LDL and raise HDL.

Foods that are *unhealthy* and should be avoided: processed foods, fried foods, pop, chips, chocolate, coffee, tea, sausage, rich sauces, white flour and white sugar, and candy bars.

Water makes up 70% of our muscle. Replace fluids regularly. Electrolytes, which are sodium and potassium, need to be replaced if running more than 60 minutes, so include sports drinks in your regimen.