****8035 - Nutrition and Running 101**

**Pre-Run Nutrition**

Don’t eat anything “new” the day of the race. Practice eating certain foods (carbohydrate-rich foods).It is important to ingest carbohydrates **1 to 4 hours before you run**.

* Larger meals – 3-4 hours before exercise
* Smaller meals/snacks – 1-2 hours before exercise

If you intend to run for two hours or more, try drinking a carbohydrate-rich liquid about one hour before you run. Generally, these products can be purchased at a nutrition/health store. You should look for a liquid that has close to 100 grams of carbohydrates.

**Examples of Pre-Run Meals**

The timing of your meals before a race will vary for each individual.

Be sure to keep hydrated for those crucial hours (water, water, water…)

* Breakfast cereal with low-fat milk
* Toast/English muffin with peanut butter/banana
* Granola bars, sport bars, or cereal bars
* Bananas
* Rice
* Pasta and marinara sauce
* Baked potato with low-fat toppings

**Post-Run Nutrition**

* ***GOALS*** – repair muscle damage, replace fluid/electrolytes, replace muscle and liver glycogen stores (ENERGY CENTRES)
* You have a 30-45 minute window of eating the right foods to maximize recovery. Ideally, eating within that window will aid in the repair of the tissues. Your muscles will uptake the needed energy (food) up to 6 hours.
* Some may not feel hungry following exercise (especially in the extreme heat). Be sure to at least hydrate yourself! Sports drinks or juices provide necessary carbs and fluid. Eat as soon as you can.
* An intake of 50-100 grams (200-400 calories) of carbs is adequate to start the refueling process.
* Fat is burned at high rates during the post-exercise period regardless of what you eat. What you eat will help in this process and in recovery.

**Examples of Post-Run Meals**

For effective recovery, eat a small amount of protein (along with your carbohydrate) after you run. Research has shown that a 2:1 to a 4:1 ratio of carb to protein is optimal for recovery.

* Peanut butter sandwich, Peanut butter and apples (or any fruit)
* Chocolate milk, Carbohydrate/protein recovery drink
* Fruit and cottage cheese, Smoothies, Oatmeal
* Protein pancakes (1 scoop protein powder, 1-2 eggs, oatmeal, milk (small amount), tablespoon of ground flax seeds, cinnamon/sliced apple OR berries, syrup OR apple sauce on top)

*Resource: www.thedietchannel.com*