

New to Running? A Few Tips to Help You Along the Way! Week 2 – Fuel the Machine!

What you eat is vital! Pre-run nutrition counts for performance and post-run nutrition counts for progress.

Tip #2: Food is Fuel – Use High-Octane!

TOP FOODS FOR RUNNERS



BANANAS

If you need a carb-packed energy booster pre or post run, it's hard to go wrong with a banana. A bonus: bananas contain loads of potassium, which regulates blood pressure & reduces the risk of stroke.

BERRIES

Your legs can take a pounding from high-impact activities like running. The soreness you feel after a hard run may be caused by micro-tears in the exercised muscles. That's why berries are a great option for runners; the vitamin C & potassium they contain help the body repair itself.



BROCCOLI

This nutritional powerhouse has vitamin C, potassium, fibre & phytochemicals, all key for peak performance & health.

LOW FAT YOGHURT

Running & other weight-bearing exercise can help you improve your bone density. But calcium is essential part of the equation & many runners don't get enough. One cup of yoghurt contains a third of your recommended daily intake of calcium. PLUS, yoghurt has protein - important for building muscle & recovering from tough work-outs.



LEAN BEEF

In addition to being a quality protein source, beef is high in iron, an especially important element for runners as iron deficiency can lead to chronic fatigue. For vegetarians, beans, peas, green leafy vegetables & iron-fortified cereals are good substitutes.

Choose carbohydrates with a moderate or low glycemic effect, such as *vegetables, legumes, or dairy products*. Limit the high fat foods as they can stay in your stomach longer causing fatigue or even nausea.

Be very careful with sugary foods! Some runners feel it gives them an extra kick; however, many runners will find that the sudden drop in sugar levels when that supply is exhausted can cause lightheadedness.

Be sure to allow *1-2 hours after a liquid meal, 2-3 hours after a small meal and even 3-4 hours after a larger meal* before you run. Experiment with what works well for you. And remember, even though your food the day before and the day of the run have a huge impact, eating well regularly will improve your regular training runs, resulting in better runs and better overall training adaptation!

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...stay tuned for next week's discussion: FUNCTION, NOT FASHION