



# Eat Well, Run Well

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(A BIG "Thank You" to Sports Basement for the terrific samples they donated and the 10% discount they give Fitters!)

## What to Eat During the Week



### Protein

✓ Provides raw material for growth and repair (e.g., your muscles)



✓ Regulates pathways in your cells (e.g., the protein insulin regulates your sugar levels)



✓ Transports substances in your body (e.g., the protein hemoglobin transports oxygen to your muscles)

10 - 35% of your Calories



### Fat



✓ essential fatty acids - you must eat these (e.g., omega-3, fish, nuts seeds)

- ★ make up cell membranes
- ★ insulate your nerves
- ★ make up certain hormones
- ★ help absorb vitamins



✓ stored energy - from eating more food than you need

- ★ protects and insulates organs

USDA = 20-35% of your Calories



### Carbohydrates



✓ main source of energy in food



★ simple carbohydrates:

- can be used immediately for energy
- not "nutrient dense"



★ complex carbohydrates:

- must be broken down into simple sugars to yield energy
- are "nutrient dense"



45-65% of your Calories



### Vitamins

✓ organic molecules that help regulate processes in your body

- ★ some vitamins can be stored "fat soluble" A, D, E, and K



★ some vitamins cannot be stored and must be eaten every day

"water soluble" B and C











### Minerals

✓ inorganic nutrients that your body needs only in small amounts

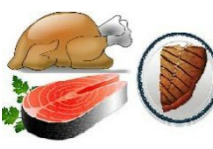


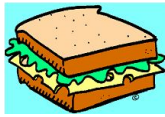





- ★ often lost in sweat
  - calcium = stored in bones
  - sodium = nerve function
  - iron - hemoglobin
  - potassium = nerve function



## Before a Long Run

<p>What to Eat... <u>Before a Long Run</u></p> <ul style="list-style-type: none"> <li>✓ high carbohydrate, low fat, low fiber breakfast/snack</li> <li>✓ 30 minutes before you run</li> <li>✓ don't eat until you are full (...maybe just 2/3 full!)</li> <li>✓ drink 12 to 16 ounces of water approximately 60 minutes before the run OR add that to what you take with you.</li> </ul>	 <p>✓ cereal &amp; milk</p>	<p><u>Pre-Long Run Food Ideas</u></p>	 <p>✓ bowl of pasta</p>
	 <p>✓ bagel or banana with nut butter</p>	 <p>✓ pretzels with nut butter or hummus</p>	 <p>✓ yogurt &amp; fruit</p>
	 <p>✓ medium sweet potato</p>	 <p>✓ oatmeal</p>	 <p>✓ peanut butter and jelly sandwich</p>

## After a Long Run

<p>What to Eat... <u>After a Long Run</u></p> <p><u>1<sup>st</sup> priority</u> = fluid replacement <u>2<sup>nd</sup> priority</u> = nutrition to speed energy recovery &amp; to decrease soreness</p> <p>✓ <u>Within 30-45 minutes</u> ⇒</p> <p>★ <u>carbs</u> - muscles convert carb-rich foods into glycogen 3x faster to replenish reserve</p> <p>★ <u>protein</u> - builds and repairs muscles AND increases the rate of glycogen replacement</p> <p style="text-align: center;">Eat a Ratio of... 1 gram of protein : 4 grams of carbs</p>	<p style="text-align: center;"><u>Post-Long Run Food Ideas</u></p>		
	 <p>✓ lean meat</p>	 <p>✓ Greek yogurt and granola</p>	 <p>✓ chocolate milk</p>
	 <p>✓ turkey or chicken sandwich on wheat bread</p>	 <p>✓ quinoa or chicken salad</p>	 <p>✓ peanut butter and jelly sandwich</p>
	 <p>✓ low fat cottage cheese</p>	 <p>✓ fruit and nut butter</p>	 <p>✓ scrambled eggs and toast</p>

# During a Long Run



★ Top 3 things you definitely need:

- 1) Water - replace what you sweat - 16 oz. for every pound lost - every mile?...when you're thirsty?
- 2) Carbs - keep the sugar flowing
- 3) Electrolytes - replenish what you lose



## Why Carbs?

- ✓ carbs are broken into GLUCOSE which is transported in your blood to all of your cells for energy  
(~15-25 calories - 1 to 2 minutes)
- ✓ glucose that is not immediately used is stored in muscles and liver as GLYCOGEN  
(~ 2,000 calories = 90 minutes)
- ✓ when glycogen stores are full, glucose gets stored as FAT (you will "BONK" before you can utilize this fat store! ☺)
- ✓ When exercising longer than 90 min...
  - ✓ eat 100-250 calories per hour
  - ✓ eat the 1<sup>st</sup> carbs 30 minutes into your run to allow 20 minutes for absorption
  - ✓ try eating 100 calories every 45 min or 30 min or 20 min to find what works for you

## Long-Run Carb Ideas

### ★ Gels:

- ✓ Power Gel
- ✓ Gu
- ✓ Honey Stinger
- ✓ Clif Shot Gel



### ★ Chews:

- ✓ Clif Shot Bloks
- ✓ Honey Stinger Chews
- ✓ Jelly Belly Sports Beans
- ✓ Gu Chomps
- ✓ Gatorade Energy Chews
- ✓ Sharkies Fruit Chews
- ✓ Power Bar Energy Blasts



### ★ Drinks:

- ✓ Cytomax
- ✓ Hammer Heed
- ✓ Gatorade
- ✓ many more...



### ★ Candy:

- ✓ Candy Corn
- ✓ Skittles
- ✓ Jelly Beans
- ✓ Starburst



## Why Electrolytes?

- ✓ ELECTROLYTES are atoms with a charge that are necessary for nerve impulses and muscle contractions
- ✓ electrolytes are lost in sweat
  - ★ Sodium = 1.8 - 3.5 grams/hr.
  - ★ Chloride = 0.9 - 1.4 grams/hr.
  - ★ Potassium = 0.1 - 0.2 grams/hr.
  - ★ Magnesium = 0.1 grams/hr.
- ✓ if too many electrolytes are lost...
  - ★ muscles twitches
  - ★ muscle cramps
  - ★ confusion
  - ★ lethargy
  - ★ seizures
  - ★ can be fatal

Amount to take varies with person & conditions

## Long-Run Electrolyte Ideas

### ★ Tablets/Capsules:

- ✓ Endurolytes
- ✓ Elete Tablets
- ✓ Salt Stick Caps
- ✓ S! Caps



### ★ Drinks/Powders:

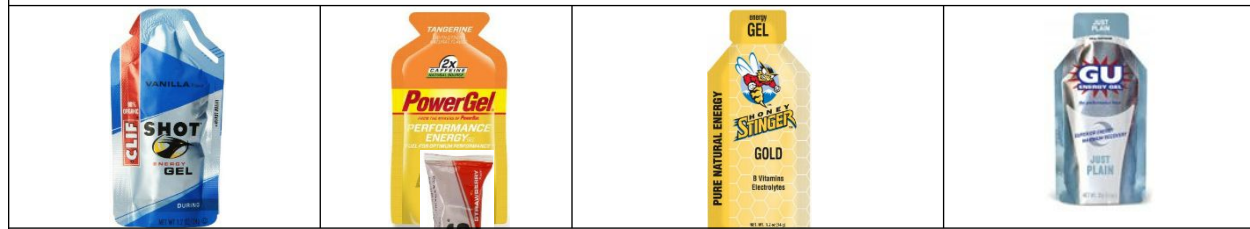
- ✓ Clif Shot Electrolytes
- ✓ Hammer Heed
- ✓ Cytomax
- ✓ Vitalytes
- ✓ Gu Brew
- ✓ Gatorade
- ✓ Nuun
- ✓ Endurolytes Fizz

Something to Consider:  
 ✓ too much sugar can make you feel sick  
 ✓ if there is sugar in your electrolyte drink, maybe you should eat less?

## Googled Images for Long-Run CARB Ideas

(These are only examples. There are many products available. These were just easy pictures to grab! ☺  
Experiment to find the one(s) that work for you.)

### GELS:



### CHEWS:



### DRINKS:



## Googled Images for Long-Run ELECTROLYTE Ideas

### TABLETS/CAPSULES:



### DRINKS/POWDERS:



...and Many More!