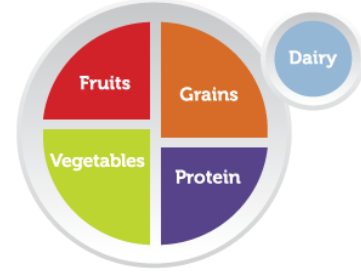


I'm a Runner What do I Eat? When? And Why?

The Building Blocks of a Healthy Diet:

Fruits
Vegetables
Grains
Protein



Guidelines

- Make half your plate fruits/veggies (whole fruits and colorful vegetables)
- Focus on **whole grains** (a source of carbohydrate). Examples include: Corn, brown rice, whole wheat pasta, and quinoa. Whole grains have all the good stuff like vitamins, minerals, and fiber in them that you need.
- Choose different sources of protein. Good choices include beans, nuts, fish, and chicken. Most four-legged animal protein sources contain lots of unnecessary fats.
- Avoid foods that have added sugars in them. You can look at the food label and see which foods have “added sugars”. Fruits have sugars in them but they are part of the fruit and when you eat the entire fruit you get vitamins, minerals, and fiber!

These guidelines are written for Americans because the typical American diet lacks these qualities. Focus on these easy tips and feel better about what you eat!

What are Macronutrients? - Macronutrients are nutrients that your body needs every day in large quantities in order to function correctly. If the quality of your macronutrients is high you will also get the appropriate amount of *micronutrients* in your diet.

- Carbohydrate (65-75% of total caloric intake) - Fruits, vegetables, grains
- Fats (15-30% of total caloric intake) - Dairy, nuts, animals, cooking oils
- Protein (10-20% of total caloric intake) - Dairy, nuts, plant sources, animals

Coach's Tips

- Make small changes to your diet using the tips above.
- Once a week treat yourself to a special food item like ice cream or cake!

Pre-Exercise

- Have a meal **2-3 hours** prior to practice.
- **1 hour** before practice have a small snack (i.e. a sports bar, bagel with peanut butter, or dried fruit and yogurt).
- **Example foods:** Dried fruit, nuts, bagels, peanut butter, turkey sandwich (w/veggies), yogurt, PB&J, chopped veggies and dip.

Post-Exercise (Recovery): *Take advantage of the 30-60 minute window following training to maximize your recovery process. You absorb nutrients most quickly following exercise, when the right mixture of hormones/enzymes are present in your body.*

- A **snack** with a mix of carbs and protein (4:1) maximizes the absorption of these macronutrient.
- Within **2-hours** plan on having a well-balance meal to cap off your recovery with a home-run! Continue the recovery process by snacking every hour following your meal using the guidelines above.

Hydration: *Every individual has a unique fluid intake to reach full hydration.*

- Aim to consume between **8-12oz of fluid per hour** throughout the day.
- Following exercise **double** your fluid intake for the next 4 hours to replenish what you just sweated out.
- An athlete that isn't hydrated well enough runs the risk of performing at a lower level during training and not taking full advantage of training adaptations.

During-Exercise

- In order to maximize training be prepared to have a carbohydrate rich drink (6-8% carbs per 4oz or 100mL). Any Gatorade, Powerade, or Nuun drink has this ratio.
- Consuming carbs during exercise has shown to improve performance by keeping energy stores high. Even sipping and spitting out the drink provides a small boost.
- A 16oz bottle of regular Gatorade (Thirst Quencher) will provide you with more than enough CHO for a 1-hour workout.

Resources

ChooseMyPlate.gov
2015-2020 Dietary Guidelines

