

Kimberly Evans, MS, RD

Kimberly@wholehealthnutritionvt.com

Top 10 Nutrition Tips for Runners

Runners have very particular nutritional requirements. To get the best in performance, endurance and recovery out of your body, you need to be concentrating on not only **what** you eat but **when** you eat.

- **Always be prepared with fuel.**
- Understand your energy (calorie) needs and know your targets for carbohydrates and protein. (60:20:20). **It all comes down to timing!**
- Know which **carbs** are best when. Keep your daily carbohydrates complex (slow movers)...try a new grain...enjoy simple carbs (fast movers) before, during, or after a run (in moderation).
- Meet your bodies need for **protein** at each meal and snack (mini-meals)...include some Branch Chain Amino Acids (EPIC). **It all comes down to timing!**
- Keep your **fats** essential (plant based)...anti-inflammatory heroes.
- Drink ½ your weight in pounds in ounces...remember the electrolytes
- Eat the rainbow of plant colors at each meal.
- Eat before (1-3 hours) and after (immediately) a run...these can be faster moving carbs. **It all comes down to timing!**
- A run longer than an hour has special nutritional considerations!
- Consider foods, not meds, to treat those nagging running pains!

Kim's Top 13 Sports Nutrition Foods

- Oatmeal
- Cinnamon
- Tea – White and Green
- Coconut Water
- Nuts and Seeds – Almonds/Walnuts/Peanuts/Chia/Flax/Hemp
- Fresh Fruits/Vegetables
- Ginger
- Tart Cherries
- Greens – kale, Swiss chard, lettuce, spirulina, spinach
- Eggs
- Salmon
- Greek Yogurt
- Dark Chocolate

Perfect Pairings

- Oats and Almonds
- Beans and Corn
- Spinach and Tart Cherries
- Blueberries and Greek Yogurt
- Apple and Peanut Butter

And when less is more

- Sugar
- Alcohol
- Oils heated to high heats or easily oxidized oils
- Chemicalized Foods

Runner's Smoothie

1 handful of kale

¼ cup parsley

1 small beet (scrubbed and quartered)

1 apple (core and seeds removed)

1 lemon (peeled)

½" chunk of fresh ginger

1 Tbsp chia seeds

Coconut water to the max line