

Fuel- up and Repair Victoria R Haley, MEd , RD

There is always some reason why a person won't or can't eat before a run. Fueling up before exercise has been shown to improve performance by up to 20%, meaning increased endurance, efficiency, and recovery post work out. In addition to pre run snacks, post run ideally should be more than just a sports drink or water. For the post run snack aim for a ratio of 3 : 1, carbohydrate to protein

During exercise our body uses an array of nutrients from carbs for energy to fat, and electrolytes, and as our muscles work they develop tiny tears that once mended will result in greater strength. Even if the ultimate goal is weight loss if our body isn't given what it needs to work and heal we won't enjoy our exercise as much and feel exhausted when we finish.

Pre Run Snacks:

Peanut butter and Toast or Crackers: Peanut butter contains Monounsaturated fats that are heart healthy, vitamin E and an additional antioxidant p-coumeric acid.

Yogurt: Probiotic bacteria promotes beneficial flora in our guts to improve digestion, and regularity. Watch out for the excess amounts of added sugars in yogurts.

Cheese and low fat crackers: Quick and easy, this is a great snack because you can change it up when you get tired of a certain flavor try a new cheese or different crackers

Sports drink: When all else fails, and you really have a hard time eating pre run, at least sip a little sports drink.

Refuel:

Mealtime: Try to schedule a meal after your run, maybe get it together before the work out and finish it when you get home.

½ sandwich turkey and veggies on whole grain bread keeps you satisfied and energized

Yogurt and granola with fruit: A variety of flavors and food groups with out the heavy feeling. The extra fiber from the fruits and granola will help you feel full, and satisfied with out as many calories.

Chocolate Milk: Milk has a great balance of Protein and Carbohydrates, but also 8oz is 30% of your calcium, and chocolate contains mood enhancing agent, antioxidants and flavonoids, as if we needed an excuse to add chocolate to daily routines