

RUNNING FOODS

Eating Energy Foods for Running the Right Way

1. BEFORE YOU RUN

Bananas

Bananas are filled with natural sugar, which your body will burn for energy. They also contain lots of potassium, a nutrient that keeps your blood pumping properly, lowers blood pressure, and reduces stroke risk.



Berries

Want a quick energy boost? Berries are like little balls of healthy sugar, and they contain lots of Vitamin C to keep your body working at top speed. The potassium & Vitamin C in the berries will help your muscles repair themselves as you run.



Bagels

Bagels are much heavier and richer in carbs than your average slice of bread, so they'll give you a lot more energy to burn. If you layer half a bagel with cream cheese or peanut butter, you'll be getting just enough protein to keep your muscles fueled and working well.



Low Fat Yoghurt

Low fat yoghurt is rich in calcium, protein, and carbs. The calcium will help to promote healthy fat burning, the protein will provide the fuel for your muscles, and the carbs will give you the energy you need. Yoghurt is an excellent energy food for sprinting, running, jogging, or even walking.



2. WHILE RUNNING



Starbursts

These little candies are soft and easy to chew while you run, and the sugar you get from them can keep you going.



Energy Gels

Most sports drink companies have made energy gels, small packets that you can suck down while on the run. They're a great source of energy, so have one handy if you feel tired.



Raisins

Raisins contain lots of sugar, which is exactly what you need to keep you going when your energy reserves are low. Just a small handful can make a difference!

3. RECOVERY FOODS

Oats

Oats are rich in carbs, but they also have fiber and protein. There are few carb sources better than oats, as oats don't affect your blood sugar levels as much. Add some fruit into a bowl of oats, pour in milk, and enjoy your recovery snack.



Chicken Breast

There's nothing like a good chicken breast to give you some healthy, lean protein. Chicken breast has very little fat, but it's loaded with the nutrient your body needs to repair your muscles. It's quick and easy to prepare, and anyone can make chicken breast delicious!



Hummus

Hummus is made with chick peas, which are primarily fiber and protein. It will help you to fill up after your run, and the protein will promote healthy repair of your muscles. Prepare hummus without garlic, and avoid eating it before you run.



Fruit

Fruit are sweet, refreshing food, one that will help you restock your body's energy supply after a hard run. Oranges and apples are your two best choices, as oranges are rich in Vitamin C while apples contain lots of fiber and minerals that your body needs after sweating for so long.



If you're only going to run for 30 to 45 minutes, it's not necessary to eat food first. Your body has enough energy to last that long, as it taps into its fat stores. If you are going to run or work out for more than an hour, it's a good idea to eat something before you get to work.

Eating these foods will help to keep your body fueled with enough energy to keep you going, and will prevent you from getting dehydrated or sweating all of your nutrients out.