

# The Healthy Runner's Diet

What does it take to be considered a runner? There are no guidelines to what a runner is, whether you run 10 miles or 50 miles a week (less or more) however you as a runner will always ponder...how can my runs be optimized? There are a lot of answers to this: good nutrition, rest, cross training, healthy mindset, etc. But let's just focus on nutrition. What are some foods that can optimize your run and make you an overall healthy person? Below are 6 suggestions that you can incorporate into your daily caloric intake.

**1-Eat foods with seeds**, including whole grains, beans and even tree nuts. Eating foods like whole grains and beans help you maintain a healthy weight and has been show to lower risk of type 2 diabetes

**2- Eat five different colored fruits and vegetables daily**-to get the most of your fruits and vegetables, think about colors. Different pigments provide many valuable vitamins that are needed for those who run. Remember, it is better to get your vegetables from the fresh food aisle over the pill form.

**3- Eat plant foods with their skins intact**-try to leave the skin and ditch your peeler. The skin on many fruits and vegetables contain phytochemicals that are deemed as a health 'protector' Most skins also have a high fiber content. People who tend to have a high-fiber diet (over 35 grams daily) have lower body-fat levels.

**4-Eat Dairy Products**-Dairy gives runner's muscles protein to help speed recovery. And there is research that supports that whey protein actually helps strengthen the immune system. If controlling calories and fat, choose low-fat dairy options.

**5-Eat fish**- Fish and other seafood provide an important combination of nutrients that are crucial to runners. Most seafood is an excellent source of quality protein (runners need about 50 percent more protein than those who do not run) and also contains zinc, copper, and chromium--minerals. But the omega-3 fats found in fish, particularly those from cold waters, are what make seafood such an essential part of anyone's diet.

**6-Eat lean meats, poultry and eggs** -eating lean meats, poultry, and eggs, along with dairy products, runners can easily meet their increased protein needs and take in crucial minerals that can be hard to get from nonanimal sources. Meats are a great source of iron and zinc, which support healthy red blood cells and a strong immune system..

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