

# Nutrition 101 for Marathoners

## Everyday Nutrition for Runners

- Complex Carbs/Whole grains- look for "whole" in the ingredient lines, fiber content. Try a variety beyond wheat... Oats, popcorn, quinoa, wheat berries, oats etc. (60-70% of your calories)
- Lean Protein/ Low/Non Fat Dairy/ Beans & Legumes- go for more plant based or fish proteins when possible. Try homemade veggie burgers, seitan, tofu, beans, salmon, etc. (15-20% of your calories)
- Fats- majority should come from plant sources low in saturated and trans fats (avocados, olive oil, canola oil, nuts) Fish oils are also excellent. (20-25% of your calories)
- Fruits and Vegetables- should still be a large portion of your plate (half!). Choose a variety of in season, local and organic veggies when possible. Dark leafy greens have amazing nutritional benefits. Experiment with kale, chard, beets, heirloom squash or just about anything you can find at your local farmer's market (confirm it's from a local farm!)
- Vitamin Supplements... Optional, but probably won't hurt. Runners tend to need more vitamins and minerals than the general population, however the goal should be to get what you need through food
- Plan for more frequent meals... As calorie needs increase it's better to add a meal than increasing calories at existing meals.
- Tip: It's easy to eat too much, watch weight
- Avoid fast foods, simple sugars, saturated and trans fats.
- Read your labels. In fact, try and buy things mostly without labels or very simple ingredient lines.
- Fluids- minimum of 80 oz of fluid per day... It's needed for hydration and proper toxin removal

## Day Before the Marathon and Day Of

- Dinner before 6 the night before... Complex carbs, lean protein, low glycemic veggies, a little fruit is ok.
- Morning of marathon: nothing or plain toast or a piece of fruit (not citrus). Just a little water.
- During: water or sports drinks at every station, sports gels every 40 min or so.
- Right after: sports drinks, fruits, juices, dried fruits, simple sugars, sports gels. Keep moving while eating and eat and drink even if you don't feel like it. Within 2 hours try and incorporate some lean protein and complex carbs.

## After the Race:

Resist the temptation to overdo it on junk food. Refer to the "Every Day" section above for long term eating tips. Simply adjust calorie consumption to maintain weight.

## Meal ideas (use formulas, not recipes!)

**Start with a whole grain!** Cook extra whole wheat pasta, quinoa, wheat berries etc.. And keep in fridge for the week. Sauté veggies, tofu/meat in olive oil and toss in cooked whole grain to warm. Add in favorite spices/ flavorings etc...

### **Power salad(Use any green):**

1 bunch greens (kale/collards/chard) , stems stripped and leaves chopped

Juice of 1 lemon (use more if bunch of greens is big)

1/4 cup olive, canola or grape seed oil

1/2 teaspoon sea salt

1/2 tsp honey (optional)

1/4 cup peeled julienned or grated carrot, sweet potato or beets

1 avocado, cubed (optional)

1/4 cup raisins (optional)

Whisk together lemon, olive oil and salt. Pour over greens and carrot (or substituted ingredients). Toss together and marinate at room temperature for at least an hour. Toss with remaining ingredients.

### **No Cook Chewy Bar (Any fruit/ any nut)**

1/3 cup each coarse chopped almonds and pecans (or any nut /nuts you choose)

1/2 cup honey\*\*

2 1/2 cups rolled oats

3/4 cup dried apricots, prunes, figs or medjool dates

1 teaspoon cinnamon

1/4 cup shredded coconut (optional)

1/2 cup dried cranberries, raisins or other dried berries

\*\* You can substitute fruit puree, maple syrup, brown rice syrup or natural sweetener of your choice

1. Preheat oven to 325 F. Spread nuts on a baking sheet and toast 8 □10 mins until light brown

2. Warm honey until thin consistency (if honey is viscous). In processor, add oats, dates (or prunes etc), cinnamon and honey. Pulse until dates are chopped and oats are incorporated

3. Scrape mixture into a medium bowl, add in remaining dried ingredients and using damp hands incorporate the ingredients together

4. Turn the oat mixture out onto a baking sheet lined with wax or parchment paper. Using damp hands press the mixture out into an approx 6 x 12" rectangle. Place in freezer for 30□40 minutes

5. Turn rectangle out onto cutting board and cut into 16 squares. Can refreeze or chill

Source: Sunset Magazine (adapted)

### **Lentil Walnut Spread (Use any bean/ any nut)**

1 cup green or brown lentils (green cook faster), or use canned

1/4 cup walnut halves or pistachio – toasted

1 tablespoon olive oil (or you can use flax/lemon flax oil)

1 garlic clove, crushed

1/2 teaspoon salt

1 tsp lemon zest and juice 1/2 lemon

1 cup fine chopped greens: arugula, spinach, watercress (examples)

3 tablespoons water or broth as needed

1. Bring lentils to boil in 2 1/2 cups of water in a small pot. Reduce heat to simmer and cook until water is absorbed. Drain, cool.

2. Process toasted nuts, garlic, oil and salt to a crunchy□smooth paste. Then add greens and pulse until fine chopped

3. Add to drained lentil mixture and mash together to a crunchy□smooth consistency. Add liquid to smooth or loosen if needed

4. Combine mixture with lemon and lemon zest. Taste and adjust seasonings

5. Put into serving bowl and serve at room temperature

### **Additional Resources:**

The Food Bible by Karen Page and Andrew Dornenburg

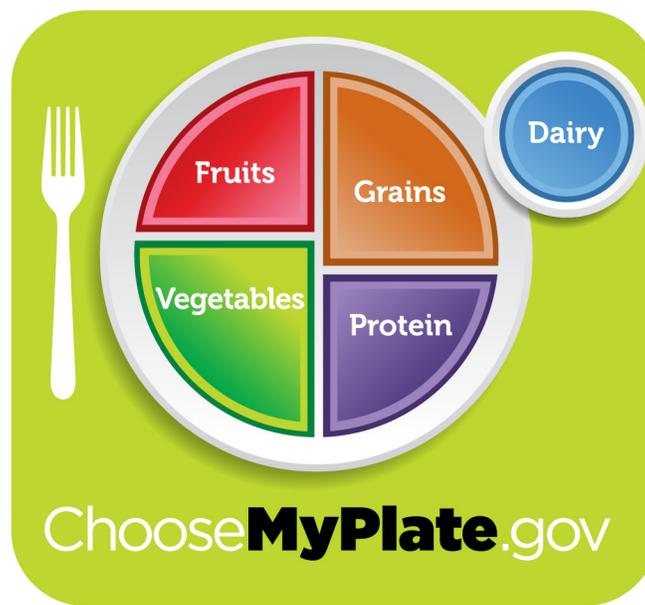
Nancy Clark, RD- <http://community.active.com/blogs/NancyClarkRD>

SCAN- <http://www.scandpg.org/sports-nutrition/sports-nutrition-fact-sheets/>

Food Rules or In Defense of Food by Michael Pollan

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<http://www.choosemyplate.gov>





## Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

### *Balancing Calories*

- Enjoy your food, but eat less.
- Avoid oversized portions.

### *Foods to Increase*

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### *Foods to Reduce*

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



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