

TOP FOODS FOR RUNNERS.



- 1) **Berries** – these antioxidant powerhouses supply much needed carbohydrate for muscular energy and powerful antioxidants to reduce inflammation. Drink ‘em, dry ‘em, blend ‘em, spread ‘em – just eat ‘em!



- 2) **Protein** – many runners are so carb focused that they forget their protein! Our muscles cannot repair and become stronger if we don’t get enough protein. In fact, endurance athletes actually require almost as much protein as powerlifters because the very nature of running constantly tears down muscle tissue. Preserve your metabolism and give your body the best building blocks for healing by consuming a source of protein at every meal – and especially after your workout!



- 3) **Unrefined carbohydrate sources** – we need the extra vitamins and antioxidants to preserve our immune system, muscles and tendons and keep a runner’s worst enemy – inflammation – at bay. By putting only whole grains (brown and wild rices, whole wheat, quinoa, barley, oats, etc.) into our tank, we are ensuring we have the highest quality fuel to keep our machines humming smoothly. Other high-octane carbs: potatoes, yams, fruit, and beans. (beans also supply protein!)



- 4) **Herbs and Spices** not only add flavor, they strengthen our immune system, combat inflammation, and speed healing. Oregano, ginger, turmeric, cayenne, garlic, ginger, and cinnamon are just a few. Spice it up, Baby!



- 5) **Quality oils** – fish oils, nuts and seeds, and coconut oil supple quality, healthy fats that assist runners in keeping joints lubricated, immunity strong, and injury at bay. They are an essential part of a healthy diet and mandatory fuel to keep a runner’s engine running smoothly!