WHEN TO EAT to allow time for digestion

1 hour prior to exercise SMALL SNACK

2 hours prior to exercise LIGHT MEAL

3 hours prior to exercise REGULAR SIZED MEAL

4+ HOURS prior to exercise HEAVY MEAL

THE NIGHT BEFORE AN EVENT

Start fueling the night before a race with:

High carb foods: whole grain bread, pasta, rice, cereal

Protein foods (PB, lean meats, eggs, yogurt, low-fat dairy

Water for hydration and digestion

Sample Dinner Ideas:

Pasta with grilled/broiled chicken breast and marinara, salad

Salmon and sweet potatoes, sautéed zucchini (half a cup) or salad

Baked potato with fresh vegetables, (use cottage cheese and salsa for topping)

Rice and grilled/broiled chicken, peas (half a cup) or salad

Stir fried vegetables, 4oz lean meat, rice or noodles, bread

PRE-RACE FOODS

2-4 hours before racing eat a decent meal

30 minutes out eat a small nutritious snack

Eat easily digestible foods

Choose unprocessed foods

Low fiber cereal & milk; yogurt, dried fruit, fresh fruit, rice, noodles, pasta w/low-fat sauce, chicken with pasta, bagel, banana, cream of wheat or rice, baked potato w/steamed broccoli, bread or toast w/honey or jam, pancakes w/syrup, non-dairy fruit smoothie, cereal bar, sports bar, boiled or scrambled eggs, toast.

POST-RACE REFUELING

The most important time to eat is within 30 minutes after running

It restores energy and repairs muscle

Waiting longer than 2 hours can slow recovery

Protein as well as carbohydrates are important for tissue repair and glycogen replacement

Blueberries, strawberries and carrots help with muscle soreness

Sports drink - 16 oz. or more, bread--add honey, jam, cream cheese, cereal w/skim milk and fruit, yogurt w/fruit or nuts, chocolate milk, turkey sandwich, PB&J sandwich, fruit smoothie, fruit, crackers, granola

Best Food For Runners

Almonds

Salmon

Eggs

Sweet potatoes

Oranges

Beans

Mixed salad greens

Whole grain cereal

Whole grain bread and pasta

Dark Chocolate

Low-fat yogurt

Bananas

Peanut butter

Carrots

Berries

Lean beef

Breakfast Ideas

2-4 hours before race

Oatmeal (1 cup), 1 slice of toast with honey, a banana and small orange juice

Bananas on a low fat waffle or pancake with syrup, small juice

2 eggs (scrambled or in omelette) with tomatoes and mushrooms, 2 slices toast, small juice (6oz)

Fruit smoothie (bananas, strawberries, low fat yogurt, honey)

French toast with syrup and a glass of juice

Lunch Ideas

2-4 hours before race

Turkey on white bread sandwich, grapes, sports drink

Pasta with light tomato sauce, fruit

Bread and honey, low fat yogurt, grapefruit

Peanut butter and jelly sandwich, skim milk

One white flour bagel with either peanut butter or light cream cheese and and honey

Good Snack Choices

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