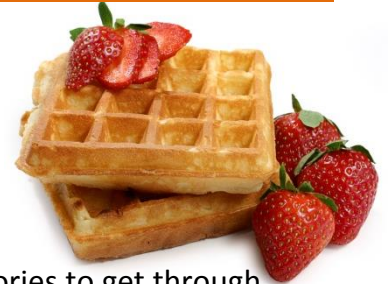


FOODS TO EAT

Before a Run

Workouts less than 60 minutes

If running easy, you don't need any food as you'll have enough stored calories to get through your run. However, if doing a harder workout or if you feel hungry, try these...



1. 1 Cup of low-fiber cereal with skim milk (195 calories)



- ➔ Eat this 30 minutes before a workout.
- ➔ The milk provides protein; both the cereal and milk have carbs to keep you energized.

2. 2-3 Fig cookies (198 calories)



- ➔ Eat these 30 minutes to 1 hour before a workout.
- ➔ The cookies are easy to digest and packed with high-energy carbs, vitamins, and minerals.

3. Cottage cheese with fruit
(160 calories)



- ➔ Eat this 60 to 90 minutes before a workout.
- ➔ The fruit offers carbs for energy, while the cottage cheese provides calcium, potassium, and vitamin D - all of which come in handy when training.

4. 3 Graham crackers with 1 teaspoon of honey
(98 calories)



- ➔ Eat these 15 to 30 minutes before a workout or short speed session.
- ➔ These crackers are packed with carbs to keep you energized for your workout.

5. Low-fat fruit yogurt and 1 peach
(275 calories)



- ➔ Eat this 1 hour before a workout.
- ➔ This snack has calcium, vitamin D, and potassium to support bone and muscle health, plus antioxidants to boost immune function.

Workouts longer than 60 minutes

1. 1 banana and nut butter (200 calories)



- ➔ Eat this 1 hour before your workout.
- ➔ The potassium and fluid in the fruit help you stay hydrated; the nut butter offers heart-healthy fat plus carbs.

2. 1 bagel with nut butter and/or honey (390 calories)



- ➔ Eat this 1 hour before your workout.
- ➔ The bagel and toppings offer long-lasting energy so you can stay strong.

3. Oatmeal with skim milk, topped with strawberries (256 calories)



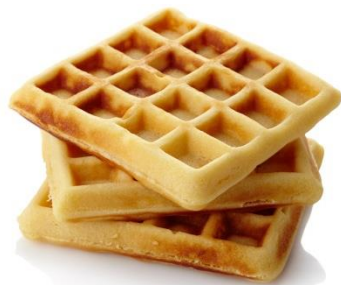
- ➔ Eat this 1 hour before your workout.
- ➔ Packed with carbs and B vitamins, this is an excellent choice for pre- or postrun recovery.

4. Pretzels with Hummas
(263 calories)



- ➔ Eat this 1 hour before your workout.
- ➔ The pretzels provide easy-to-digest carbs for fast energy plus sodium to keep you hydrated; the hummus offers iron for strength, plus protein.

5. 2 whole-grain waffles (frozen) with a little maple syrup
(270 calories)



- ➔ Eat this 1 hour before your workout.
- ➔ The syrup and waffles both offer fast digesting carbs to provide an energy boost; the syrup also offers B vitamins to boost energy and bolster recovery.

6. Peanut butter and banana sandwich on whole-grain bread
(360 calories)



- ➔ Eat this 60 to 90 minutes before your workout.
- ➔ All the ingredients provide carbs for energy; the peanut butter offers extra protein to fend off hunger; and, the banana provides potassium to help stave off muscles cramps.

7. **Whole-wheat pretzels dipped in natural peanut butter**
(230 calories)



- ➔ Eat these 30-45 minutes before a workout.
- ➔ The pretzels provide carbs for energy and sodium to help keep you hydrated; the peanut butter offers protein to help muscles recover.

8. **Sports drink**
(125 calories)



- ➔ Drinks this 15 to 30 minutes before (or during) your workout.
- ➔ Provides fluids and electrolytes to help keep you hydrated.

9. **Animal crackers dipped in peanut butter**
(390 calories)



- ➔ Eat these 30 to 60 minutes before your workout.
- ➔ The animal crackers are easy to digest and provide carbs for long-lasting energy. Peanut butter has vitamins and minerals like potassium, and has been linked to lower risk of coronary heart disease.

10. **Deli turkey wrapped in a flour tortilla**
(275 calories)



- ➔ Eat this 90 minutes before your workout.
- ➔ This will provide long-lasting energy with extra protein to aid in muscle recovery.

