

NUTRITIONAL SUGGESTIONS

Wolf Creek Track Club

VEGETABLES

KALE

Kale contains high levels of vitamins A, B6, C and K, as well as iron and calcium, and is one of the most antioxidant-rich vegetables. Kale also has strong anti-inflammatory properties.

SWEET POTATOES

Sweet potatoes are a good source of vitamin A, vitamin C, potassium, iron, & the two trace minerals manganese & copper. These minerals are crucial for healthy muscle function.

STIR-FRY VEGGIES

Eating a combination of antioxidants, such as beta-carotene & vitamin C, may lessen muscle soreness after hard interval workouts by reducing the inflammation caused by free-radical damage. Stir-vegetables contain all of these.

MIXED SALAD GREENS

Contains phytonutrients which act as antioxidants, warding off muscle damage brought on by tough workouts.

BROCCOLI

Contains vitamin C, potassium, fiber, and phytochemicals, all key for peak performance and health.

FRUITS

MIXED BERRIES

These contain anthocyanins—a powerful group of antioxidants. Anthocyanins assist with post-run recovery and muscle repair.

ORANGES

Eat enough oranges & you may experience less muscle soreness after hard days. Oranges supply over 100 percent of the DV for the antioxidant vitamin C, which helps to alleviate muscle soreness.

BANANAS

Bananas are among the best pre-workout and pre-race foods for runners. Bananas are almost all carbohydrate.

TOMATOES

Tomatoes are a great source of many vitamins and minerals that are helpful to runners, including vitamin B6.

CARBS

WHOLE GRAIN CEREAL

An excellent source of fiber.

WHOLE GRAIN PASTA

Pasta has long been a runner's best friend because it contains easily digestible carbs that help you restock spent glycogen (energy) stores.

WHOLE GRAIN BREAD

Runners need at least three to six one-ounce servings of whole grains per day, and eating 100 percent whole-grain bread is an easy way to meet this requirement since one slice equals one serving.

OLD FASHIONED OATMEAL

Provides a whopping 27 grams of carbohydrate per 1/2-cup serving. What's more, old-fashioned oatmeal is a high-fiber, low-glycemic index food, so the energy it provides is long-lasting.

PROTEIN

CHICKEN

Runners need about 50-75% more protein than nonrunners to help rebuild muscles & promote recovery after workouts. One 4oz. serving of chicken can supply about half a runner's daily protein needs. Chicken contains selenium, a trace element that helps protect muscles from the free-radical damage that can occur during exercise, & niacin, a B vitamin that helps regulate fat burning during a run.

WILD SALMON

Besides being an excellent source of high-quality protein, salmon is one of the best food sources of omega-3 fats. These essential fats help balance the body's inflammation response.

LEAN BEEF

A good source of protein, which is also high in iron.

EGGS

Egg protein is the most complete food protein, which means the protein in eggs contains all the crucial amino acids your hard-working muscles need to promote recovery.

ALMONDS

An excellent source of vitamin E, an antioxidant that many runners fall short on.

BLACK BEANS

One cup provides 30% of the DV for protein, almost 60% of the DV for fiber (much of it as the cholesterol-lowering soluble type), and 60% of the DV for folate, a B vitamin that plays a key role in heart health and circulation.

DAIRY

LOW FAT YOGURT

Besides being a good source of protein and calcium, low-fat yogurt with live cultures provides the healthy bacteria your digestive tract needs to function optimally. This good bacteria may also have anti-inflammatory powers.

SKIM MILK

With its balance of fast-acting carbohydrates and proteins, skim milk is the ideal post-exercise muscle recovery “food” for runners.

DARK CHOCOLATE

As a runner you deserve at least one indulgence—especially one you can feel so good about. Chocolate contains potent antioxidants called flavonols that can boost heart health. Limit to a little over 1oz. of D.C. per day.

SOURCES:

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