**Sample Runner’s Diet**

Use this diet as a reference tool for planning your meals. It is important to eat foods that will produce optimal energy and will replenish nutrients you lose while exercising. Not only is diet important for overall health and weight management, it is also an essential part of running.

**Determine Calories Needed:**

* (Your Current Weight )\* 13
* Subtract 500 Calories to lose weight, factor in calories burned through exercise (the previous calculation factors in light activity). For example, 10 minutes of jogging burns about 100 calories.

**Distribute Calories:**

* 50% Carbs
* 25% Protein
* 25% Fat

**Selecting Carbs:**

* **Carbs to choose often:**
	+ **Fruits (about 60 calories per serving)**
	Apple, orange, pear, nectarine: 1 small (tennis ball size)
	Banana: 1 small (5 inch)
	Peach, plum: 1 medium (fist size)
	Grapefruit: 1/2 whole fruit
	Cantaloupe: 1 cup
	Berries: 1 cup
	Fresh pineapple: 3/4 cup
	Canned fruit (in its own juice): 1/2 cup
	+ **Low-Starch Vegetables (about 25 calories per serving)**
	Carrots, celery, cabbage, brussel sprouts, broccoli, cauliflower, eggplant, leeks, onions, green beans: 1 cup raw or 1/2 cup cooked
	Green pepper: 1 whole
	Asparagus: 7 spears cooked or 14 spears raw
	Lettuce/raw greens: 1 cup 100-percent vegetable juice: 1/3 cup
* **Carbs to Choose with Caution (watch those portions!)**
	+ **High-Starch Vegetables (about 80 calories per serving)**
	Beans (lima, navy, pinto): 1/3 cup
	Corn: 1/2 cup
	Peas/lentils: 1/2 cup
	Baked white or sweet potato with skin: 1 small (tennis ball size)
	+ **Pasta/Rice (about 80 calories per serving)**
	Couscous (cooked): 1/3 cup
	Brown or white rice (cooked): 1/3 cup
	Noodles/pasta (cooked): 1/2 cup
	Bulgur (cooked): 1/2 cup
	+ **Breads/Cereal/Crackers (about 80 calories per serving)**
	Tortilla (white or wheat): 1
	100-percent whole-wheat bread: 1 slice
	Mini-bagel: 1
	English muffin: 1/2
	Pretzels: 3/4 ounce or 8 sourdough nuggets
	Popcorn (air popped): 3 cups
	Saltine crackers: 6
	Rice cakes (all varieties, large): 2
	High-fiber cereals: 3/4 cup
	Oatmeal: 2/3 cup cooked or 1 instant packet

**Selecting Proteins:**

* **Very lean (about 35 calories per serving)**
Chicken or turkey breast (skinless): 1 ounce
Fish fillet (all whitefish): 1 ounce
Canned, water-packed tuna: 1 ounce
Shellfish: 1 ounce
Egg whites: 2 large
Egg substitute: 1/4 cup
* **Lean (about 55 calories per serving)**
Chicken or turkey (skinless dark meat): 1 ounce
Salmon, swordfish, herring, trout, bluefish: 1 ounce
Lean beef (flank steak, top round, ground sirloin): 1 ounce
Veal or lamb (roast or lean chop): 1 ounce
Pork (tenderloin): 1 ounce
Canadian bacon: 1 ounce
Low-fat hot dogs: 1
Low-fat luncheon meats: 1 ounce
* **Dairy Products (about 90 calories per serving)**
Fat-free or 1-percent-fat cottage cheese (calcium fortified): 1 cup
Low-fat, sugar-free yogurt: 3/4 cup
Fat-free, sugar-free yogurt: 1 cup
Low-fat cheese (all types): 2 ounces

**Selecting Fats:**

* **Full-Calorie sources (about 50 calories per serving)**
All oils: 1 teaspoon
Avocado (medium): 1/8
Almonds, cashews, filberts: 6
Peanuts: 10
Pistachios: 15
Olives (green or black): 8 medium
Peanut butter (creamy or chunky): 1 teaspoon
* **Reduced-Calorie sources (about 25 calories per serving)**
Light tub margarine: 1 teaspoon
Light mayonnaise/salad dressing: 1 teaspoon
Light cream cheese: 1 teaspoon
Fat-free salad dressing: 1 tablespoon

**Establish an Eating/Running Pattern:** The wild card in the 50-25-25 eating plan is how you distribute your calories throughout the day. That depends on your running schedule. Because you want to eat the bulk of your carbohydrate calories around the times when you will be active, you need to know ahead of time when you're going to exercise each day. Then select mostly carbohydrate-rich foods to fuel up beforehand or afterward. By eating most of your carbohydrate calories around your runs, you'll then eat most of your protein and fat calories the rest of the day when you're more sedentary.

Remember one other guideline when establishing your daily eating pattern: **don't go too many hours without eating or your brain will signal starvation mode and stimulate your appetite.** So go ahead and have a morning, afternoon, and evening meal, along with snacks. Just make sure that when you tally up all your eating, you're still within your daily calorie range.

\*A great resource for figuring out a diet plan is livestrong.com. On this site, you can figure out how many calories to eat per day based on your Basal Metabolic Rate (BMR), Body Mass Index, and activity level. Your BMR is basically the number of calories you would burn just by being awake all day. BMR is an important factor, and keeps you from overcompensating calories for activity.

**Tips for Running in the Heat and Humidity**

**"Running in the Heat; Respect Your Body, Respect the Heat"**
by Mindy Solkin

HEAT INDEX CHART


|  |  |
| --- | --- |
| **Apparent Temperature** | **Heat Stress Risk with Physical Activity and/or Prolonged Exposure** |
| 90° - 105° | Heat cramps or heat exhaustion possible |
| 105° - 130° | Heat cramps or heat exhaustion likely Heatstroke possible |
| 130°+  | Heatstroke highly likely |

Of all the adversities that runners and marathoners face, heat is the number one offender. This is because it can bring on two conditions that can negatively affect your performance: overheating and dehydration.

Overheating is the result of inadequate cooling; when the body cannot keep up with the demands of evaporation of water from your skin. When the body heats up internally, it starts to sweat and sends more blood to the skin where it is cooled by coming into contact with the relatively cooler skin. However, while running, your body's demand for oxygen to the muscles means less blood will flow to the skin and this is when overheating occurs. And thus begins the tug-of-war within your body, especially if you want to keep up a certain pace. Either the blood (and oxygen) goes to your muscles to keep up with the pace demands and you start to overheat because less blood is going to the skin for cooling - OR - the blood goes to the skin for cooling, but less blood goes to your working muscles meaning you'll be forced slow down.

Dehydration is the process of losing fluid from the body, in this case through sweat. As you sweat you lose water and electrolytes. That's why drinking a sports drink containing electrolytes, as well as water, is so important. Because running in the heat exacerbates both overheating and dehydration, it is important to take precautions when running in the heat.

**PRECAUTIONS FOR RUNNING IN THE HEAT**

1) It takes approximately two weeks of consistent running in the heat and humidity to acclimate to warmer conditions.

2) Remember that thirst is not an indicator of dehydration. Once you are thirsty, you are already low on fluids. Indications of dehydration are an elevated heart rate during and after your run and dark, golden-colored urine. After your run, keep drinking fluids until your urine is clear.

3) During your run, drink about 4 to 8 ounces of water and/or sports drink every 15 to 20 minutes.

4) Weigh yourself before and after your run. Drink 16 ounces of fluid for every pound of weight lost. \*Important note here... do not use this as a method of weight loss!

5) Apply a sunscreen of at least SPF #15. Make sure that it is a non-drip formula that won't drip into your eyes.

6) Wear sunglasses that filter UVA and UVB rays and/or wear a cap with a visor.

7) Wear light-colored micro-fiber clothing.

8) Run when your shadow is taller than you are, and when the sun is not high in the sky. If you run in the morning, you'll avoid the heat, but may encounter a higher humidity. The air quality is also better in the morning, since ozone levels increase soon after dawn, peak at midday, and then again in the early evening. Times to avoid running are noon till 3pm.

9) Eat salty foods and drinks such as pretzels and tomato juice.

10) Check the Heat Index Chart for apparent temperature. This is the number that calculates the air temperature with the relative humidity to determine what the temperature feels like and if there is a risk of a heat-related illness.

**SIGNS OF HEAT-RELATED ILLNESS**

1) HEAT CRAMPS

Causes: Loss of electrolytes and accumulation of lactic acid in the muscles.

Conditions: Muscle cramps and/or spasms, heavy sweating, normal body temperature.

Treatment: Drink water and sports drink, slow down, massage affected area.

2) HEAT EXHAUSTION

Causes: Intense exercise in a hot, humid condition and loss of electrolytes.

Conditions: Profuse sweating, possible drop in blood pressure (less than 90 systolic, the top number), normal or slightly elevated body temperature, lightheadedness, nausea, vomiting, decreased coordination, possible fainting.

Treatment: Rest in a cool place, drink water and sports drink, if BP drops below 90 systolic, call EMS, avoid activity for at least 24 hours, refrain from running or exercising in the heat for at least one week.

3) HEAT STROKE

This is a medical emergency!

Causes: Intense exercise in a hot, humid condition, older age, dehydration, obesity, wearing heavy clothing, running in the heat when you have an infection or fever, certain drugs such as amphetamines, diuretics, beta blockers, cardiovascular disease, poor acclimatization, high blood pressure.

Conditions: High body temperature (106 or higher), lack of sweating characterized by dry, red skin, altered consciousness.

Treatment: Call EMS! Rest in a cool place, remove clothing to expose skin to air, apply ice packs or cool water to groin, underarms, neck (stop if shivering).