



A SIMPLE GUIDE TO THE RUNNER'S DIET

What To Eat

Carbohydrates

Provide energy for running and replenish glycogen stores post-run.

Whole grains

Fruits

Vegetables



Protein

Help repair and build muscle tissue.

Lean meats

Fish

Tofu

Legumes



Healthy Fats

Aid in recovery and overall health.

Nuts

Seeds

Avocado

Olive oil



Hydration

Essential for performance and recovery.

Water

Electrolyte-rich
beverages

Coconut water



Tips To Keep In Mind

Be mindful of the timing and portion size of your meals to avoid overeating.

Stay hydrated before, during, and after runs.

Consult a registered dietitian for a personalized nutrition plan that suits your individual needs and goals.

Diet For Runners

LM Reder



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