

## Good Nutrition for Recreational Runners

High quality, wholefood diet is crucial for basic good health.

### *What is the Glycaemic Index?*

It's an index number given to a carbohydrate-containing-food reflecting the rate it is digested and releases glucose into the blood stream.

### Food for Fuel- Eat A Variety for Optimal Health

- Good carbohydrate sources; Sweet potatoes, oats, buckwheat, quinoa, brown rice, root vegetables, wholegrain good quality sourdough bread
- Good fat sources; Avocados, olive oil, oily fish (salmon, mackerel, sardines) coconut oil, nuts, seeds, butter
- Good quality fats especially coconut oil (MCT) efficiently used fat for fuel (Burning fat and CHO- metabolic flexibility)
- Good sources of protein; Eggs, beans, legumes, lean meat, fish, nuts, seeds.
- Increase vegetable consumption (half your plate) to help with alkalinity.
- Eat enough calories; expenditure depends on body weight, pace and distance.
- Reduce starchy CHO on rest days unless prior to race (known as carb cycling- promotes efficient muscle glycogen recovery)
- Drink 2 litres of water daily- ideally sipped throughout

### Food for Immunity

- Focus on a wide range of fruit and vegetables (eat the rainbow!) for alkalinity (may help with lactic acid build up) and loaded with antioxidants. Berries are especially good as they are low GI
- Aim for 2-3 oily fish meals per week (excellent sources of omega-3 fats) steamed/baked salmon, grilled mackerel, tinned mackerel on toast. Chia seeds are a good source of omega-3's, add to porridge, smoothies, 'oat bowls' (see recipe)
- Ginger, garlic, tumeric (curries!)

### Hydration

- Water is one of the main `nutrients` to affect performance and fatigue
- Important to sip regularly as habit and not just prior to events/training
- Plentiful glycogen stores in the muscles and liver and eating plenty (25-35%) good fats will help with hydration.

For general training:

- 30 min run; water
  - 1hr+ water and some glucose
  - 2hr+ water, glucose and electrolytes (see sports drink)
  - within 30min after event choose high GI foods (bananas, grapes, or Naked bar)
- Optimum hydration 600ml water 2hr lead up to competition (allowing enough time for excretion) and sipping sports drink 20 minutes before competition and some `on board`.

- body will need adequate hydration up to 36hrs post event (don't rely on thirst receptors).
- Urine should be frequent and clear
- Beetroot juice and or coconut water with other juiced veg such as cucumber, celery, ginger and lime.
- Fruit/Vegetable smoothies (see recipe section)
- Homemade sports drink;
  - 250ml grape juice
  - 750ml water
  - 30g glucose (available in chemist)
  - ¼ teaspoon good salt
  - ¼ teaspoon vit C powder

### Before, during and after training

- Low GI 1-2 hr before session (Buckwheat porridge or low GI smoothie, flap jack or a few dates with handful of nuts)-depends on time of day.
- Water during run (unless longer than 1½ -2hrs- see sports drink)
- After session eat high GI within 30 minutes after (ripe banana, High GI smoothie, water melon)
- Eat normal balanced meal *within* 2hrs after session.

### Example of Race Day

\* 6 days leading up to race day enjoy plenty of wholefood carbs- even on rest days- remember sleep!

\*Sip water regularly the hours before the race

\*2hrs before race ReadyBrek, chopped ripe banana, drizzle tahini, tsp hemp protein powder and honey or ½ veggie Frittata with some bread or bowl of pasta with tomato and vegetable sauce and cheddar/parmesan cheese.

(\*something relatively low in fibre to avoid tummy trouble during race but also medium to low GI, combined with easy carbs and some protein)

\*20-40mins before race a couple of *Mighty Bites*/few bites Naked bar and start sipping sports drink.

\*During race; sports drink

\*Within 30 minutes post race very important to have high GI snack- this is when you can choose some sugar!

\*Within 2hrs of finishing aim to have a good balance meal, CHO, protein, fats and veg.

\*Avoid alcohol for 36hr post race as the body continues to hydrate intensely at a cellular level for this period- water, coconut water, fresh veg and fruit juices.

## Recipe and food combination ideas

### **Veggie Frittata/omelette**

left over boiled/baked potatoes and veg (broccoli, green beans etc)  
Chopped raw spinach or kale, glug olive oil, 4-5 eggs mixed with small glug cream or milk of choice, handful grated cheddar cheese.

*Thickly slice the potatoes and sauté both sides in olive oil. Scatter over chopped cooked and raw veg, pour over egg and sprinkle on cheese, let it cook on hob for a minute or so then transfer under hot grill for 5-10 minutes. Great eaten hot; drizzle with pesto, left overs can be eaten cold for breakfast/snack/lunch.*

### **'Oat Bowls'**

Handful of oats, milk of choice or water or yogurt, ground seeds (flax, sunflower, pumpkin) chia seeds/walnuts/almonds, chopped fruit of choice (apple/pear/banana) or handful of berries, teaspoon tahini, honey optional  
Soak oats in water/milk/yogurt for at least 1hr (night before is best), then add all other ingredients.

***Buckwheat porridge:*** mix 50:50 ratio of porridge oats to buckwheat groats and leave to soak in water overnight. In the morning cook as normal with preferred milk/water.

### **'Mighty Bites'**

2 x handful dates  
1 heaped TBsp nut butter or tahini  
1 Tbsp coconut oil/coconut butter  
2 handfuls oats  
handful sunflower seeds/pumpkin seeds  
1 TB chia seeds  
1 TB desiccated coconut

*Blitz these in a food processor and roll into balls (you can press the mix into small tray to cut into bars) chill in fridge to firm (store cool).*

### **Sweet potato and lentil soup with ginger**

2 Tbsp coconut oil, 1 onion, 1-2 clove garlic, thumb piece ginger, 2 celery sticks, 1 large sweet potato (peeled and roughly cut), or 3 small, ½ cup of red lentils, 1 litre of good stock (veg or chicken)

*Fry the chopped onion in the coconut oil for 2 mins, add ginger, garlic, celery and cook some more. Add sweet potato, lentils and cover with stock. Cook for 30 mins until veg is soft. Blitz until smooth.*

### **Oat and Buckwheat Crumble Topping**

Handful oats, 3 Tbsp buckwheat groats, 2 Tbsp spelt flour, 100g butter 1-2 Tbsp brown sugar: *Mix the oats, buckwheat and flour then rub in the butter till large breadcrumb texture. Mix in sugar and use as topping for chopped fruit (apple/pear/plums/berries); bake in 180C oven for 30-40minutes.*

### **High- Medium GI Smoothie**

1 very ripe banana  
glug orange juice  
2-3 dates  
2-3 Tbsp plain probiotic yogurt  
(optional: mango or other soft fruit, honey, ¼ tsp vit C)

### **Low GI smoothie**

1 cup of fresh pineapple  
¼ cucumber  
handful spinach  
juice of 1 lime  
Tbsp pumpkin seeds  
Tbsp Hemp protein powder  
water or coconut water

### Some examples of different GI foods

<b>High GI</b>	<b>Medium GI</b>	<b>Low GI</b>
Glucose/sugar	Dates	Berries
Commercial breads (sliced pan)	Wholemeal pitta breads	Nuts
Ripe bananas	Sourdough Rye Bread	Seeds
Anything with white flour	Apples	Lentils
Rice cakes	Pineapple	beans
White potatoes	Pop corn	Dried apricots
Cornflakes	Pasta (M/L)	Oats Buckwheat Sweet potatoes

(Lots of aspects affect the GI of a food eg: fruit/veg skin on or off, the ripeness, if it's blended/liquidised/cooked etc). Further reading *The GI Factor*; by Leeds et al and *The Low GI-Diet Bible* by Patrick Holford)

If you'd like more information or any references from this evening's talk please contact me at [petrafulham@yahoo.com](mailto:petrafulham@yahoo.com)  
Petra Fulham; Human Nutrition *BSc (Hons)*; Nutrition and Health Coach  
*BTEC dip; student mNTOI*