

# Top 5 Fuels for Runners

Your body will perform based on the fuel you give it. Just like gas in your car, put the right stuff in and you'll get great performance. That means three meals and a couple snacks to maintain your energy during the day and with training. Choose half your foods from healthy carbohydrate sources – whole grain breads, oatmeal, pasta, brown rice, fruits, and vegetables. The other half from lean protein sources, healthy fats, and low-fat dairy to round out your day.

## Top foods for runners include:

- 1. Whole Grain Breads** — These are a great source of energy from complex carbohydrates which contain fiber, B vitamins, Vitamin E, antioxidants, and phytochemicals.
- 2. Salmon** — Not only a great protein source but it also provides essential omega 3 fatty acids. They help curb the inflammation that occurs with training and keep your heart healthy.
- 3. Yogurt** — This food has it all - carbohydrates, protein, and potassium. Plus calcium and Vitamin D to support strong bones. Even those with sensitive digestive systems should be fine. For less added sugar, try plain yogurt and add your own fruit. For more protein, try Greek yogurt.
- 4. Kiwi** — This little fruit contains quick-acting carbohydrates and over 100% of your daily Vitamin C. Just cut in half and scoop out the tart goodness. It's also a good source of potassium.
- 5. Stir fry** — A quick and easy meal with loads of vegetables and lean meat. Try using peppers, carrots, and broccoli which are rich in fiber, beta carotene, and immune-boosting Vitamin C. Add lean beef to increase your iron and zinc.

*Provided by OhioHealth Sports Medicine*

**For more information, visit [OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)**

