

GUIDE TO HEALTHY EATING WHILE MARATHON TRAINING

Carbohydrates

Carbs are essential to fuel your long runs. Choose whole grains and foods with minimal processing such as sweet potatoes, quinoa, whole oats, whole wheat bread, rye bread, and brown rice.



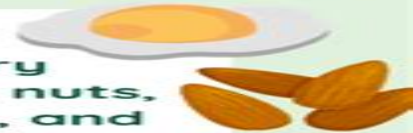
50-65%
Calories



15-30%
Calories

Lean Protein

Lean protein helps with recovery from intense workouts. Choose nuts, lentils, eggs, fish, Greek yogurt, and lean meats.



Vegetables

Opt for colorful, fresh vegetables for a variety of vitamins and minerals.



Fruit

Eat a variety of fruit for vitamins and minerals like potassium.



Foods to avoid

Highly processed foods like chips, pre-made baked goods, fast food, French fries, soda, hot dogs, donuts, candy.



Nutrition For Marathon Running

Zhe Xu



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