

# 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.



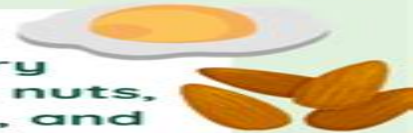
**50-65%**  
Calories



**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

**M Planty**



## **Nutrition For Marathon Running:**

## Embracing the Beat of Appearance: An Psychological Symphony within **Nutrition For Marathon Running**

In some sort of taken by displays and the ceaseless chatter of instant communication, the melodic elegance and emotional symphony developed by the prepared word usually diminish into the background, eclipsed by the constant noise and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Nutrition For Marathon Running** a stunning literary prize brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts visitors on a psychological journey, well unraveling the hidden songs and profound affect resonating within each cautiously crafted phrase. Within the depths with this poignant examination, we can examine the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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