



Runner's Dietary Essentials

Eat right and the body will work for you.

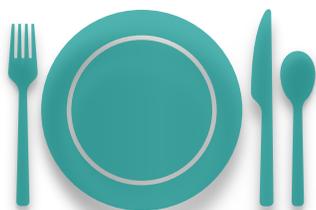
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Whole, complex carbs:

Sweet potatoes
 Yams
 Quinoa
 Beans
 Lentils
 Squash
 Oats
 Brown rice
 Millet
 Buckwheat
 Amaranth
 Whole grain bread
 Whole grain pasta

Hello there! I am Dr. Kait and I am an everyday 5-10km runner. In this article I'd like to share with you some really awesome diet tips that can be easily adapted to allow you to run longer each time, burn more calories, and recover faster. I love running. For me, running is the most simplistic and yet most mental and physically rewarding sport. All you need is a pair of well-fitted sneakers, sunblock, sunglasses, a cap, and of course, a great team of expert practitioners at Momentum Health who are here to provide you medical assistance and support.

Runners need a balanced diet and more importantly, **carbohydrates**. When runners don't eat enough carbs they **hit the wall (feeling tired before finishing a run)** and are not able to achieve **runner's high (a surge of exhilaration)**. When I say carbs, I mean complex carbs. A complex carbohydrate is a grain or a starchy vegetable that provides direct energy to cells including muscle cells. As a rule of thumb, a complex carbohydrate is any type of grain or starchy vegetable that is consumed in its original form - whole, may be cooked, but **unprocessed**.



In case you are wondering, fruit is also classified as a complex carb. However, the sugar make-up in fruits is simpler than most complex carb sources. For this reason, I personally treat it as a simple carb rather than a complex carb. At the end of this article I will divulge tricks on fruit consumption that can be extremely useful for long-distance running, ie. running at a moderate pace for longer than 90 minutes, or any distance more than 13-15km.

Here I am sharing with you the secret diet of olympic marathoners. During their training season, in addition to a balanced diet, they adhere to a diet regimen known as **carbo loading**, which is essentially the following formula:

- 1 slice whole grain bread ~ 20g
- 1 piece tortilla ~30g
- 1 cup cooked white rice ~ 45g
- 1 cup cooked short grain rice ~60g
- ½ cup canned fruit ~15g
- 1 cup of melon or berries ~15g
- 2 tablespoons dried fruit ~15g
- 1 cup of cooked oatmeal ~30g
- 1 cup of cooked pasta ~45
- ½ cup cooked beans, peas, or corn ~30g
- 3 cups popped corn ~15g
- 1 cup (250 ml) milk or soy milk ~15g
- 6oz of baked potato ~ 30g

Carbo Loading

Consume 10.4g of complex carbs for every kg of body weight daily. For instance, a 90kg (198lbs) runner needs 936g of complex carbs; a 60kg (132lbs) runner needs 624g.

What does that look like? To give you an idea, the list on the left are fair approximations. You can also find these information on the product package under the Nutrition Fact Label. I highly recommend using food log apps such as Fitbit, MyPlate Calorie Counter, and My Fitnesspal.

Protein Requirement

Now, you must be wondering, what about protein? Yes, consistent runners should have at least **1.2g of protein per kg of body weight daily.** So, for a 90kg (198lbs) runner, 108g of protein is required; for a 60kg (132lbs) runner, 72g of protein is required.



Bison¹



Beef²



Pork²



Chicken⁴



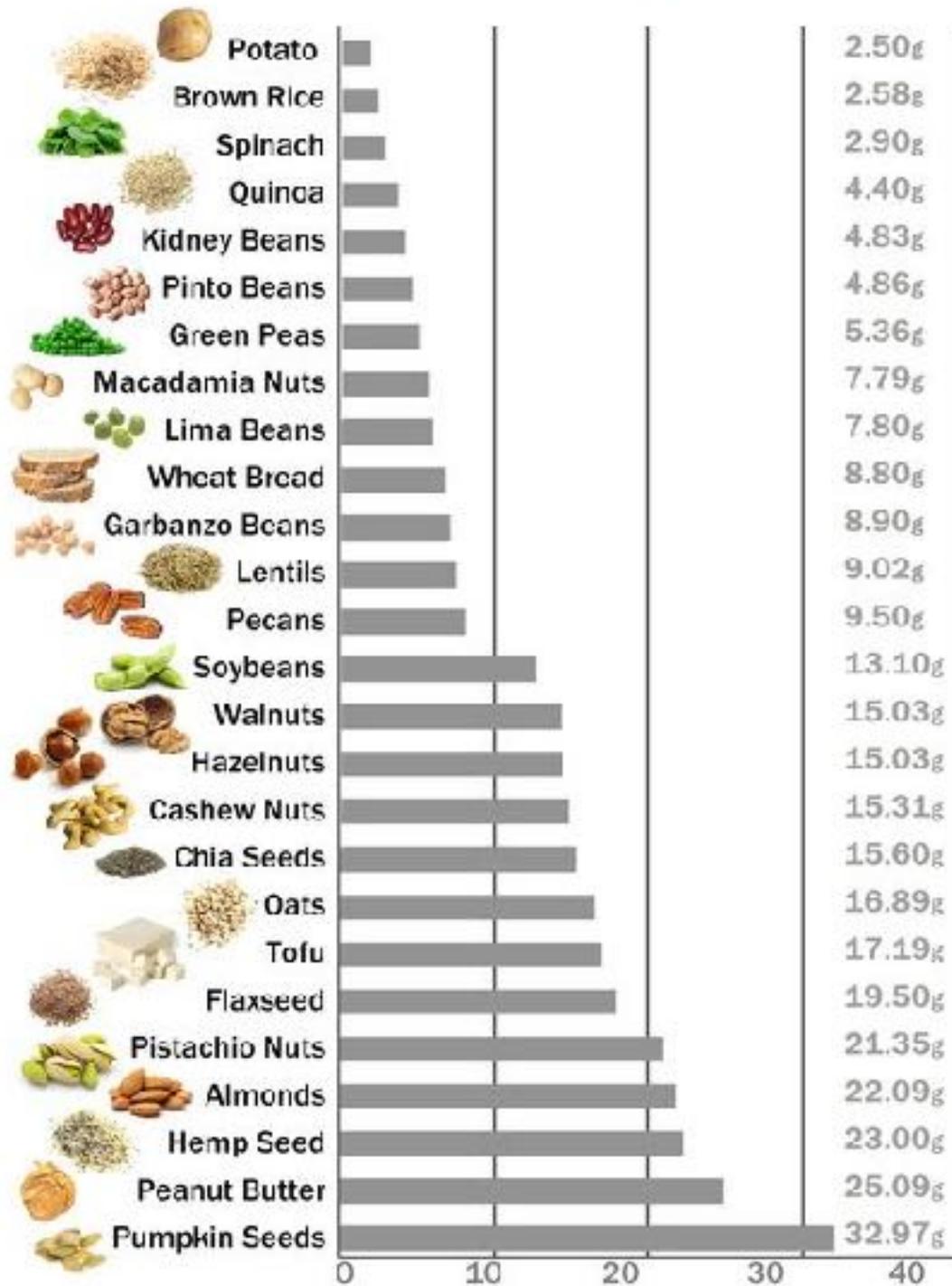
Turkey⁴

NUTRIENTS
(per 100g)

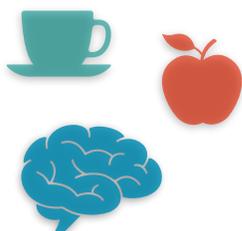
NUTRIENTS (per 100g)	Bison ¹	Beef ²	Pork ²	Chicken ⁴	Turkey ⁴
CALORIES (kcal)	903	189	152	119	112
TOTAL FAT (g)	1.35	11.1	6.48	3.08	1.93
SAT FAT (g)	0.53	4.49	2.24	0.79	0.46
CHOLESTEROL (mg)	59	72	55	70	67
PROTEIN (g)	21	21	22	21	23
SODIUM (mg)	45	53	45	77	118
IRON (mg)	3	1.5	0.8	0.9	0.9

PLANT PROTEIN

1 gram edible protein per **100g** (3.5 oz) in weight



That's it! Follow these formulas for carb and protein consumption and you will have more effective endurance training. Even better, I am going to share with you my personal secret on how I use the sport of running to temper out my human weakness, namely giving in to cookies, cinnamon buns, ice cream, nom nom~



Dr. Kait's secret for running

1 hour before my 60-90 minute run, I treat myself to a serving of fruit that is about the size of my fist. If I am feeling like having a piece of cake or a cookie, I go for it, guilt-free. **The simple carb (fruit) and refined carb (cookie/cake) are burned up thoroughly in the first 60-90 minutes.** After that, the body will then start burning the energy accumulated from the complex carbs that's consumed during meal times. The fruit/cake/cookie for sure gives me the immediate energy at the start of my run.



Thirty minutes before my run, I make sure to have at least **1/2 cup of black coffee** or **1.5 cups of black tea**. It gives me immediate mental sharpness and improves my mood. Best of all, **caffeine** encourages burning of that fruit/cake/cookie, and steals energy from fat so that some fat is burned in the first 60-90 minutes. Interestingly, 2 in 3 olympic runners use caffeine to boost their pain tolerance and muscle-nerve coordination, thereby increasing speed.

Perks of being a runner

I hope to encourage you if you have yet to become a runner. Running is not only a way to stay fit, it makes more encouraging and natural for you to eat healthier while permitting your sugar cravings. I have been running for 2+ years now and I have found that it had surely increased my mental fitness, work productivity, and overall happiness, I hope this article will inspire you to pick up those sneakers and head out for a refreshing run. Remember, **if you want to become a fit and healthy person, you have to start living like that fit person!** If you're thinking of committing to running, don't forget that you have a team of health practitioners at Momentum Health to help you get started. We are your believers. We are your cheerleaders!



Best,
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Find out Dr. Kait's work at www.drkaitchang.com/services