



## EAT WELL, RUN WELL

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Our Ottawa nutritionist, Linda Houle-Robertt, looks into how to prepare for a run with food. Good fuel food is essential!

As a marathoner, I am often asked what I eat before my training runs. I always reply that to run well you need to eat well on a daily basis.

You can't expect to eat bad food on the days leading up to your race and expect to do well on the big day. Eating well the night before the race is not enough either. Your body needs the right food to train hard, recover, rebuild and benefit from training. The result? Good performance, plus you'll want to do another race.

Before a morning run, I eat a healthy simple carbohydrate that can be easily and quickly digested such as fruit (banana, peach, mango). Dates are also a good choice (my fave are Medjool) since they are rich in simple carbohydrates called glucose. Glucose goes straight to the liver for immediate energy.

If I'm going out for a longer run lasting more than one hour, I always eat some protein and a healthy

of fat to slow down the release of the sugar and to keep the body adequately fueled. A piece of whole grain toast with some natural almond butter, a bit of pure honey with slices of banana is one of my faves. Oh and don't forget to hydrate well.

Happy running!