

# Week #4



## Nutrition Tips For Young Runners

Improving nutrition can potentially help kids run a bit faster, go a bit farther, avoid dehydration, and recover better.

*These tips are adapted from Runner's World - Nutrition for Young Runners by Pamela Nisevich Bede*

### Carbohydrates

Young athletes should consume at least 50% of their total daily energy intake as carbohydrates.

Offer a serving of whole grain, fruit, and vegetable at each meal

Low fat dairy is a good source of carbs, protein, calcium and Vitamin D

Reduce replace junk food, soda, and energy drinks with more filling and nutrient-dense options like carrot sticks, skim milk, and whole grains.

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### Protein

Adequate protein is very important for athletes during heavy training cycles and those in grown spurts; however, most young athletes get enough protein in their daily diets without supplements.

Good sources of protein include eggs, lean meat, and legumes and should be included at almost all meals.

Protein shakes and smoothies are good occasionally, but don't need to be included at every meal if other sources of protein are consumed throughout the day.

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### Fats

Research shows that young athletes use proportionately more fat as a source of fuel during exercise; however, there is no data to suggest that they need more fat in their diets than adults.

It's important to offer healthy fats such as olive oil, avocados, nuts and fish (salmon and tuna are good options).

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### Fluids

Sip fluids throughout the day, especially during hot summer months.

Water should be available during and after runs and physical workouts.

Sports/Energy drinks are often full of sugar and calories and not usually necessary for light practices under one hour. Overall, water is the best hydration option.

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