



# BEST FOODS TO EAT BEFORE A RUN

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## 2-3 HOURS BEFORE RUN

- Oatmeal with Fruit – A great source of complex carbs that provide sustained energy.
- Whole Wheat Toast with Peanut Butter or Almond Butter – Healthy fats and carbs for longer runs.
- Greek Yogurt with Honey and Berries – Protein and carbs, with a natural sugar boost.
- Eggs with Avocado Toast – Provides protein, healthy fats, and complex carbs.

## 30-60 MINUTES BEFORE RUN

- Banana – High in easily digestible carbs and potassium, perfect for quick energy.
- Energy Bar – Choose one that's rich in carbs and not too heavy on fats or fiber.
- Toast with Jam or Honey – Simple carbs that are quick to digest for fast energy.
- Apple with a Small Amount of Peanut Butter – Quick sugar and a touch of protein.

## 15-30 MINUTES BEFORE YOUR RUN (IF LOW ON TIME):

- A Small Piece of Fruit – Banana, apple, or orange for a quick energy burst.
- A Small Energy Gel or Chews – For easy and fast digestion when you need a quick boost.

## WHAT TO AVOID:

- Heavy Fats & Protein – Foods like bacon, steak, or anything high in fat can be hard to digest and might cause discomfort during your run.
- High Fiber Foods – These can cause bloating or digestive issues during exercise (e.g., beans, large amounts of leafy greens).