

# Runner's Balanced Diet

## A Runner's Story

A long-distance runner has been training hard for the past month. She has been running every day and has been eating a balanced diet. She is racing and runs hard toward the finish line. Her training and her balanced diet help her win the race.

Why does the runner need to eat a balanced diet, and how did it help her to win? Use Handout 4.1, Food, Nutrients, and You, to fill out the following chart:

**TABLE 4.5** Example of a Runner's Balanced Diet Solution

Nutrient in her balanced diet	How nutrient helps her	What she might have eaten
Carbohydrate	<ul style="list-style-type: none"> <li>Gives her quick energy.</li> </ul>	100% whole-wheat pasta, brown rice, and other whole grains, chickpeas and other beans, sweet potatoes, bananas and other fruits and vegetables
Protein	<ul style="list-style-type: none"> <li>Helps her build up and repair muscles.</li> </ul>	Nuts, beans, chicken, fish, plain yogurt
Fat	<ul style="list-style-type: none"> <li>Gives her long-term energy.</li> </ul>	Olive oil or other healthy vegetable oils (in salad dressing and cooking), nuts, seeds, fish
Minerals	<ul style="list-style-type: none"> <li>Give her strong bones.</li> <li>Help her blood carry oxygen to muscles.</li> </ul>	Unflavored milk, chicken, 100% whole-wheat bread, beans
Vitamins	<ul style="list-style-type: none"> <li>Help her to see at night.</li> </ul>	Carrots, broccoli, spinach, kale, oranges, whole grains, unflavored milk
Water	<ul style="list-style-type: none"> <li>Helps her stay cool while she is running hard.</li> </ul>	Water, fresh fruit

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).