

**BELLIN**  
**WOMEN'S**  
**HALF** *2021*  
**MARATHON•5K**

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NUTRITION

# Lee Hyrkas, RD, CDCES, Performance Nutrition Specialist

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## Credentials:

- Registered Dietitian (RD)
- Certified Diabetes Educator (CDCES)
- Certified Personal Trainer (CPT)
- National Academy of Sports Medicine

## Education:

- University Wisconsin Green Bay (UWGB)
  - Bachelor of Science in Human Biology
  - Emphasis: Nutritional Science/Dietetics



## Contact Info:

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# RACE WEEK NUTRITION

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Choose lower fiber foods 1-3 days prior to race day.

- Skinless fruits, pureed fruit and skinless vegetables
- White breads, pastas, bagels, etc.
- Lean protein (chicken, eggs, fish, lean beef, etc.)



Enjoy some salt. (may reduce muscle cramps)

- Pickled food
- Pretzels, crackers, rice cakes
- Dairy foods (cottage cheese, string cheese)



Ensure half your plate is filled with carbs at meals.

- Breads, bagels, fruit, potatoes, rice, pasta, etc...

Consume more liquid type meals. (1-2 days prior)

- Fruit smoothies made with milk or yogurt
- Meal replacement drinks
- Soups & stews



# LOWER FIBER PRODUCE

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## Fruit

- Applesauce
- Cherries
- Fruit cocktail
- Canned peaches
- Melon
- Grapefruit
- Pineapple
- Strawberries
- Raisins
- Cuties
- Skinless fruit
- Fruit juice

## Vegetables

- Carrots
- Spinach
- Green beans
- Ice berg lettuce
- String beans
- Mushrooms
- Tomato sauce
- Vegetable juice



# LOWER FODMAP FOODS

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## Protein:

- Chicken breast
- Lean beef or wild game
- Pork loin
- Eggs or egg whites
- Peanut butter
- Tuna or salmon packets
- String cheese
- Seeds (sunflower, pepitas, etc.)
- Lactose free milk
- Beef or venison jerky



## Carbs:

- Potatoes (sweet, regular, etc.)
- Corn
- Oats
- Teff
- Quinoa
- Pretzels
- Rice
- Corn tortillas
- Buckwheat
- Gluten free foods (bread, cereal, etc.)

## Produce:

- Less ripe bananas, honeydew melon
- Blueberries, raspberries, strawberries
- Grapes, clementine, kiwi, pineapple
- Green beans, cucumbers, carrots, broccoli
- Squash, tomatoes, kale, peppers
- Eggplant, parsnip, turnip

## Fats:

- Seeds (sunflower, pepitas, etc.)
- Walnuts
- Oil based dressing
- Olive oil
- Eggs
- Natural nut butters

# TIPS FOR MAKING RACE WEIGHT

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Focus on reducing high calorie beverages.

- Coffee drinks, soda, alcohol, etc...



Go easy on concentrated fats.

- Avocados, nuts, nut butters, butter, oils, etc...



Moderate your carb intake.

- 1/4 – 1/3 plate
- Opt. more nutrient dense carbs.
  - Fruit, veggies, beans, sprouted grains, etc...



Eat enough protein (0.7-1 g/lb.).

- Eggs, chicken, beans, Greek yogurt, fish, etc...



# GELS (TRIAL & ERROR)



Gel Comparison Chart

Name	Calories	Carbs (g)	Sodium (mg)	Potassium (mg)
Gu®	100	22	60-125	40
Maurten® GEL 100	100	25	34	0
Honey Stinger®	100	27	50	85
Hammer® Gels	90	22	30	35
Clif® Shot Gel	100	24	90	55
Powergel®	110	27	200	20
Gatorade® Gel	120	30	110	-

\*Nutrition facts may vary slightly by flavor.

# SPORT BEVERAGES (TRIAL & ERROR)

Sport Beverage Comparison Chart  
(Per 8 oz. serving)

Name	Calories	Carbs (g)	Sodium (mg)	Potassium (mg)
Gatorade® Thirst Quencher	50	14	106	30
BodyArmor®	70	18	20	350
Powerade®	55	15	100	23
Nuun® ½ Tablet	5	2	180	50
Tailwind® Endurance 1 scoop	100	24	303	88
Liquid I.V.® 1 packet	45	10	500	380
Coconut Water	45	10	100	500

\*Nutrition facts may vary slightly by flavor and brand.



# PRE-RUN NUTRITION

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**Carbs**



**Protein**



**Peak  
Performance**

# FOODS TO **AVOID** PRE-RUN

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## Fried foods

- Fries, chicken strips, chips, etc.

## High fat meats

- Burgers, hot dogs, beef sticks

## Sweets/desserts

- Candy, ice cream, cookies, etc.

## Dressing/dips

- Ranch, mayonnaise, vinegar and oil



# GENERAL HYDRATION TIPS

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Daily:

- Half body weight in ounces.
- 140 lb. = ~70 oz. fluid



**1-2 hours pre-exercise:**

- 16 - 24 ounces (~1 bottle)



**During exercise:**

- ~20-30 ounces per hour (1.5 – 2 bottles)
- <60 minutes (water preferred)

# PRE-RUN SNACKING (~1-2 HOURS PRIOR)

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**Carbohydrates: ~30-60 grams**

**Protein: ~10-20 grams**

## Sample Meals:

- Mini bagel with 1 Tbsp. peanut butter and honey
- Large banana or bowl of melon, Greek yogurt cup
- 3/4 cup trail mix (dried fruit, cereal or pretzels and seeds), string cheese
- 2-3 graham crackers with almond butter, small glass of milk or nut milk
- 1-2 English muffins with 1-2 eggs or 1-2 Tbsp. peanut butter
- 1 cup cooked oatmeal with powdered peanut butter & honey or yogurt
- Homemade fruit and yogurt smoothie

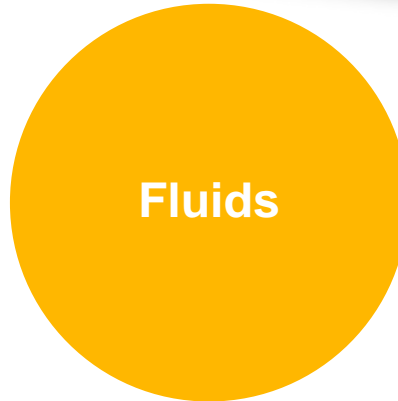


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- Bowl of cereal

# DURING RUN NUTRITION

(TRAINING >60 MINUTES)

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# TIPS FOR DURING

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**Carbohydrates: ~30-90 grams per hour**

**Fluid: ~20-30 oz. per hour**

## Fueling Ideas:

- Sport drinks (Tailwind, Gatorade, etc.)
- Gels, chews or sport beans
- Sport waffles
- Certain fruits (dates, bananas)
- Granola bars
- Dry cereal



**\*Experiment with fueling options during training runs.**

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