

Best Foods for Runners

Fruits

Avocado
Apples
Oranges
Apricots
Bananas
Grapes
Grapefruit
Dates
Peaches
Tomatoes
Watermelon
Tart Cherries

Protein, Grains & Legumes

Lentils
Brown Rice
Whole Grain Bread
Oatmeal
Seeds & Nuts
Milk
Yogurt
Eggs, Soy and Whey
Chicken, Fish (Salmon)
Pork
Lean Beef

Veggies

Carrots
Green Beans
Kale
Broccoli
Cauliflower
Onions
Spinach
Sweet Potatoes
Peppers
Peas