

BEST PRE- RUNNING BREAKFAST OPTIONS

Not surprisingly, the food you use to fuel your body affects your athletic abilities. It's always important to eat a healthy and nutritious breakfast, but what you eat can be essential to a satisfying run. Your breakfast can have a big impact on your speed, stamina, and your wellbeing during your run.

WHAT TYPE OF BREAKFAST IS BEST?

The key to choosing the most beneficial breakfast depends on the type of exercise you plan to do and its intensity.

If you plan to do intense workouts and serious running, then your breakfast needs more carbohydrates. Your body uses carbs as fuel, so it's important to store them before running.

If you plan to do a more leisurely, short run, then carbohydrates don't have to be in huge amounts. You still need some carbs, but protein and fats also need to be in the mix for breakfast.

WHEN SHOULD YOU EAT?

You may want to eat at least two to four hours before running.

Experts recommend eating at least four hours before running if you have a big meal. However, your body may be different, so your waiting time can be adjusted for the time that suits you best.

WHAT SHOULD YOU EAT?

Consider these foods for breakfast before you go for a run:

1. **Total meal options.** For running, include a large amount of carbohydrates with some protein and fat for your breakfast.

- One option is to have a breakfast that includes oats, whole-grain toast, or granola for carbohydrates. Add some protein, such as peanut butter or eggs, to the menu to balance it.
- Another option is to have milk, cereal, and berries.
- A third choice is to eat pancakes with berries and top them with sour cream or cottage cheese.
- A fourth selection could be a banana, omelet, and toast.

2. Carbohydrate options. Carbs are a crucial part of a pre-running breakfast, so it's important to get enough of them.

- Common carbohydrate options are oatmeal, porridge, cereal, granola, toast, bread, pancakes, waffles, muffins, and bagels.
- Fruit is also a good source of carbohydrates. Common sources for breakfast include apples, oranges,

blueberries, strawberries, raspberries, and peaches.

- Fruit juice is another option because the sugar can be fuel.

3. **Protein options.** Include some protein, too, to balance your breakfast:

- Peanut butter and other nut butters are good sources of protein.
- Meat such as ham, bacon, sausage, turkey, and other types can also provide you with protein in the morning.
- Dairy products like sour cream, cheese, milk, cottage cheese, and others also have protein.
- Eggs are one of the most popular ways to get protein for breakfast. Consider eating omelets, scrambled eggs, or quiches.

4. **Fat options.** Avoid eating fat as the main part of your breakfast, but **you do need some fat to have more fuel for running.**

- Peanut butter and other nut butters can provide fat.
- Eggs also have some fat in them. Other sources of fat include bacon, sausages, ham, and more meat products.
- Butter and dairy can also be a source of fat. Even cheese has some fat in it.
- Ghee, cooking oils, or coconut oil can be used to prepare breakfast in the morning and add a source of fat.
- **The key is to use fats in moderation and not go overboard before you go running.**

Your breakfast before running matters. The combination of advantageous foods can make your run faster and easier. Before you start running, consider fueling up with a good breakfast.