

Runner's World The Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, & Fitter

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✓ Verified Book of Runner's World The Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, & Fitter

Summary:

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A unique eating plan for both novice and experienced runners--to help you achieve optimum performance and keep those unwanted pounds off.

If you are a serious runner, or are thinking about starting a running or run/walk program to keep fit and help you lose weight, forget about the traditional food pyramid--or today's low-carb diets. As noted dietitian Madelyn H. Fernstrom, Ph.D., C.N.S., explains, the eating plan that best meets the needs of runners at all levels is based on a 50 percent carb, 25 percent protein, 25 percent fat ratio. Here Dr. Fernstrom details a realistic program, individualized for each person's activity level, that will enable runners to maximize their performance while maintaining long-term success at weight control.

In Runner's World The Runner's Diet, the reader will discover:

- o Why the 50-25-25 ratio works best for runners--and even walkers
- o How to match your eating pattern to your running style
- o How to make use of a daily food and activity log

With the imprimatur of Runner's World, the leading authority in the running field, this is the first book to recognize that runners cannot depend solely on physical activity to control their weight--and to outline a lifetime weight-loss plan that is best for their special needs.

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