Gazelle Sports

Power Foods

Power Food	*What are the Benefits?*	*When is this good to eat?*
Oatmeal	Helps lower cholesterol, good source of fiber, and complex carbs that will sustain in a workout.	Great pre-race food or any time that you wake up and feel hungry!
Cottage Cheese	It is packed with protein which runners need more for muscle repair and rebuilding.	Anytime, except before your workout. This is also a great post-race snack.
Pretzels	Low-calorie snack, but provides you with a good carb boost, the salt helps you replace your sodium you lose when you sweat.	These are a great afternoon snack and could be used as a post race snack.
Hummus on Wheat Thins	This snack is packed with protein, fiber, and vitamins.	This is a good mid morning or afternoon snack.
Salmon	High in Omega-3 fatty acids which help keep your immune systems protected; may aid in blood flow which could help your workout; also provides you with protein.	This is great food for lunch and dinner. It's great to put in salads or to combine with pastas.
Blueberries	These berries are loaded with antioxidants such as vitamin C that will help keep you healthy and provide you with essential vitamins.	You can mix these with all sorts of things. They are great to eat morning, noon or night!
Almonds	Loaded with the antioxidant E they can help reduce muscle damage. They also give you a good dose of magnesium, potassium, and calcium.	You can mix this with other nuts, throw them on a salad, or just eat them as a snack.
Broccoli	This green veggie has it all, it has vitamin C, which aids in muscle damage that is brought on by exercise and has a bunch of phytochemicals that helps fight diseases.	You can snack on these anytime, steam them with your dinner, add them to a salad or soups.