

What To Eat Before Running – 10 Pre Run Snacks For Runners

Pre-Run Snacks

A pre-run snack consumed 30–60 minutes prior provides your body with quick fuel. It's only necessary to have a pre-run snack if you intend to run for longer than 60 minutes, but it's also fine if you simply prefer to do so regardless of the length of your run. It serves the same purpose as a pre-run meal by controlling hunger and ensuring optimal blood sugar levels.

A pre-run snack consists primarily of carbs and is much lower in calories than a pre-run meal. Keep the snack small, as exercising with too much food in your stomach can lead to indigestion, nausea and vomiting

Pre-run snacks include:

1. A piece of fruit, such as a banana or orange
2. Half of a sports energy bar
3. Half of an English muffin with honey or jelly
4. 15 crackers, such as saltines or pretzels
5. Half-cup of dry cereal
6. Rice Cake or Toast with Nut Butter and Honey
7. Dates
8. Coffee

Good breakfast options for the morning of your race may include:

1. Pancakes and mixed toppings, such as fruits and nuts
2. Porridge oats with milk or soy milk
3. Granola with milk or soy milk
4. Multigrain bread topped with eggs
5. Fruit salad and low-fat Greek yogurt
6. Bagels or breakfast muffins with low-fat cottage cheese
7. Fruit juice or a fruit smoothie