



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

Madelyn Fernstrom

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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*, you will discover:

- Why the 50-25-25 ratio works best for runners--and even walkers
- How to match your eating pattern to your running style
- 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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