

Fuel for the road: A nutritionist's perspective

If you usually eat before your training runs, then eat some breakfast before the race. If you prefer to run on an empty stomach, then don't change it the day of the Peachtree. Stick to foods that are easy to digest such as toast, a small bagel, fruit juice or a banana. Do in the race as you would do in training.

From a physiology standpoint, you don't need a lot of calories to run the race. The Atlanta Track Club Web site lists some fun facts, and one is that the runners will burn 34 million calories running the course, though the average runner burns about 610 calories from the start to the finish line.

Still, what you choose to eat, drink and avoid in preparation for the event can have an impact on your performance, as well as your enjoyment physically and mentally.

Q&A: Food questions and answers for road-runners

Q: Do I need to carbo load for The Atlanta Journal-Constitution Peachtree Road Race?

A: No. Carbo loading is used to supersaturate your muscles with glycogen for events of long duration. Participants in an ultra-endurance event like the Iron Man Triathlon or a century bike ride might benefit from carbo loading, but not a 10K. In the days leading up to the race, eat a balanced diet with carbohydrates, some protein and healthy fats and stay well hydrated. A soft chicken taco with salsa is a good example of a meal containing all the energy-containing nutrients needed to fuel a 10K, but save the margarita for post-race celebration.

Q: I love picking up the energy bars and gels at the expo. They seem to have magical properties and I'm tempted to try them before the race.

A: "Don't try anything new before the race," advises Ellen Coleman, a registered dietitian and sports nutrition consultant in Riverside, Calif. "I can tell you horror stories about athletes who ate energy bars or sucked down gels on the day of the race without ever trying them in a training run. Stick to the tried and true foods and drinks that sustained your training."

Q: Should I eat before the race?

A: That depends on you. If you usually eat before your training runs, then eat some breakfast before the race. If you prefer to run on an empty stomach, then don't change it the day of the Peachtree. Stick to foods that are easy to digest such as toast, a small bagel, fruit juice or a banana. Do in the race as you would do in training.

Q: Should I drink fluids during the race or just pour the water over my head?

A: Depending on the heat and humidity, do both. The water poured over your head might feel good but it doesn't help you stay hydrated. So, grab two cups, take a few sips from one and pour the other over your head for momentary relief from the heat. Get plenty of fluids leading up to the race so you don't start the race dehydrated. You should be urinating frequently and the urine color should be pale straw to indicate that you are hydrated.

Q: I'm tempted to grab a doughnut between miles 1 and 2 should I?

A: While it might be tempting to grab a doughnut from spectators lining the course, just say no. Nancy Clark, sports nutrition expert and author of "Nancy Clark's Sports Nutrition Guidebook" (Human Kinetics, \$19.95 fourth edition), reminds us that "there is no need to eat during a 10K road race. If you've been eating a carbohydrate-rich diet during your training and had a pre-run tried-and-true breakfast, then you have plenty of stored fuel to compete in the race."

And, she adds, "a doughnut is high in calories and fat and might upset your stomach something that might hurt your performance."

To seek balanced development of science and industry should strengthen the security of nutritional products

August 21, 2007, by the China Disease Prevention and Control Center nutrition and food security organized by the Beijing Century peacekeeping He Biotechnology Co., Ltd. in association with the Dairy and Nutrition Symposium held in Beijing. From the Inner Mongolia Mengniu Ltd., Beijing ternary Food Co., Ltd., Guangdong Yashi Li Group, Qingdao St. Yuan Dairy Industry, and other 12 dairy enterprises and the Chinese Center for Disease Control and Prevention experts, a total of more than 60 people attended the meeting, The dairy industry to discuss the status and future.

Nutrition labelling this should be a reasonable dietary guidance, nutrition education tool that consumers buy food guidelines. But in the current food labelling, the nutrients are often blurred marked an important reason misleading to consumers. Although the supermarket is full of low fat and high calcium , high-speed railway and advertised to strengthen nutrition, the food has a special function, but did not indicate a clear scope of value, such as how much fat is less than the low-fat , The number of calcium to be high calcium Therefore, consumers are not guaranteed the right to know.

In order to regulate the nutrition labelling of food supervision and management work, the Ministry of Health under the Food Sanitation Law , organized the formulation of food nutrition labelling regulations, and solicit public views to the community, is the deadline for the September 20, 2007. Is to seek the views of food nutrition labels, including nutrients, nutrition claims, health claims three parts. China Disease Prevention and Control Center nutrition and food safety researcher Yang Xin said, nutrition requirements that the real, objective, non-misleading; strengthening of the micro-nutrient content of food must be accurately described in the label marked. Nutrition labelling of foodstuffs will become rich in nutrition facts in the statement that this statement will also be a corporate commitment to health supervision departments to become the basis for law enforcement.

With economic growth, there is growing concern about their nutritional intake, the Food and eutrophication have become the trend of the times, such as milk added their own lack of certain nutrients, such as iron, and so on, or make up for dairy products in the frozen, dry dehydration , Sterilization and other production processes in vitamin C, vitamin B1, B12 and vitamin D, and other losses, or to meet the infants, children and adolescents, pregnant women, the elderly in different populations in different stages of the demand for nutrients, according to residents The Dietary characteristics, based on national standards on the amount of nutrient requirements, add the milk powder or liquid milk compound nutrients - from the mixed configuration with a variety of vitamins, minerals and nutritional components of functional foods and premixed Additives.

Complex many types of nutrients. In accordance with the characteristics of the crowd divided into: complex nutrients infants, children complex nutrients, students complex nutrients, complex nutrients pregnant women, the elderly in the complex nutrients, in accordance with special needs into the crowd: Yisheng yuan complex nutrients, lactoferrin - With nutrients, DHA + ARA complex nutrients, AD complex nutrients, high calcium and high-zinc complex nutrients; accordance with the features - are: vitamin complex nutrients, minerals, complex nutrients, special nutrition complex nutrients; accordance with the composition of the raw materials : A single-complex nutrients, complex compound nutrients.

He Beijing century peacekeeping Chen Xiaoqian, vice president of Technology Co., Ltd., said complex nutrients is not simply to several nutrients mixed with the production process, behind a very complex set of processes. Composite materials are many kinds of nutrients, a wide source of different materials larger difference between the physical properties, such as the character, size, mobility and scattered, and so on are not the same as the proportion of some raw materials and lively nature, prone to oxidation and discoloration, decomposition Such as chemical reactions (such as riboflavin broken down into easy-see-Flavin, vitamin C temperature easy decomposition), different materials may even interact Moreover, different raw materials production technology, product quality also large difference. Therefore, in dairy production process, the need for strict control of raw materials and package materials verification, and confirmation process to confirm formula, weighing, feeding, packaging, and other critical control point operations. This also means that dairy product manufacturing enterprises need to spend a lot of resources for the acquisition of quality control testing equipment and training of high-quality inspection staff. Of course, dairy enterprises can choose an entirely reliable, with the corresponding quality of complex nutrients production enterprises as suppliers, to reducing the burden for their own success. In fact, a perfect combination of nutrients manufacturers in complex nutrients to provide quality products at the same time, the downstream business has provided a policy and regulations, product development, product testing, such as advice and training to help.

About the Author

From www.ajc.com:

A comparison of fast food restaurants and their nutrition facts to see which is the least healthy. See calories, trans fat, carbs and more.

Old School Nutrition Calculator. Nutrition Facts. Amount Per Serving. Calories 0, Cal from Fat 0. Add your nutrition label to your website.

Calorie Chart, Nutrition Facts, Calories in Food at MyFitnessPal. Find calories, carbs, and nutritional contents for thousands.

For flavor profiles and nutrition information, please select the beverage. Nutritional information is calculated based on Starbucks standardized.

Features fun recipes, games, puzzles, songs, and coloring book about fruits.

Find nutrition facts, including food labels, calories, nutritional information and analysis that helps promote healthy eating by telling you about the foods.

To calculate calorie intake, total fat, vitamins, minerals and other nutrients for an entire day, use the University of Illinois Nutrition.

Attune Foods offer nutrition products powered with Probiotics. Follow the nutrition guide and choose from the distinct variety of Chocolate.