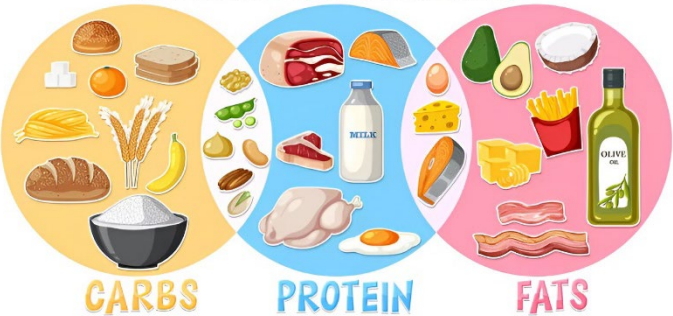


Fuelling the Runner – Global Overview

What is “Fuel” for a runner?

- Firstly, we define a **Runner** as any individual who engages in running based activity, regardless of pace, distance, or setting, and includes but is not limited to recreational jogging, any forms of competitive racing, sprinting, trail running, and long-distance running
- Macronutrients → carbohydrates (CHO), protein, and fats

MACRONUTRIENTS



- Macronutrients serve to repair, allow us to function and provide fuel to optimise performance
- Importantly, macronutrient intake **can vary** for each individual because factors such as different types of activity, intensity, and personal goals can dictate macronutrient intake
- Our content primarily focusses on CHO as a fuel source for runners

Dietary Intake Guidelines for Carbohydrates

- The recommended CHO, fats and protein intake for a runner can vary depending on certain exercise/intensity e.g. endurance runners (Burke et al., 2011)
- Macronutrient recommendations are based on an amount per kg of body mass (BM) per day. For example: 3 grams of CHO per kg BM (g/kg)

Global Daily Intake Guidelines

Carbohydrates

- CHO intake can vary from 3 g/kg all the way up to 12 g/kg
- Use the following link or scan the QR code to calculate the amount of carbohydrate to consume during a given day of exercise or training!

Daily Carbohydrate Calculator

https://asluggett.github.io/Sport-Nutrition/global_CHO_daily_intake.html



What does this look like?

- While carbohydrates are key for fuelling the runner, maintaining a well-balanced diet supports optimal physical performance
- The **Australian Guide to Healthy Eating** is a great reference to use for recommended daily food consumption from different food groups!



Key Takeaways

- Prioritise nutrition quality across all food groups → make your plate as colourful as possible!
- Click on the following link for a guide for healthy meals from **Sports Dietitians Australia** → <https://www.sportsdietitians.com.au/wp-content/uploads/2020/06/A-Guide-to-Healthy-Meals-for-Active-People.pdf>