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ELITE MARATHONER RYAN HALL SHOWS YOU THE BEST WAYS TO USE FOOD TO POWER YOUR PERFORMANCE

EAT FOR ENDURANCE

RYAN'S FOUR TIPS FOR HEALTHIER EATING

TAKE OFF THE WEIGHT!

SMART
GROCERY SHOPPING
FOR RUNNERS

BREAKFAST, LUNCH & DINNER:
HOW RYAN HALL EATS

“WHAT YOU FEED YOURSELF, YOU CRAVE”

Over the years, my nutrition has changed quite a bit from the fast food hamburgers I would eat before races in high school or the dozen Krispy Kreme doughnuts I could consume in one sitting in college. I've learned that what you feed yourself, you crave.

As first, I had to discipline myself to eat healthy foods, but now after eating them for a long period **I crave the same foods I used to have to force down.** This e-book is designed to help you make it easy to eat better so you can fuel your runs (or whatever type of exercise you do) and simply fuel your days. It's full of advice that's worked for me, plus delicious recipes I cook all the time, as well as advice from nutritionists about race nutrition in particular.

I'd love to hear from you—please post your favorite foods and recipes on the Nissan Innovation for Endurance Facebook page at:

[facebook.com/innovationforendurance](https://www.facebook.com/innovationforendurance)

Happy & Healthy Eating!

—RYAN HALL, RECORD-BREAKING MARATHONER



GROCERY RUNN



WALK INTO A GROCERY STORE, YOU FACE A DAUNTING TASK: PICKING THE HEALTHIEST, MOST NUTRIENT-PACKED FOODS TO FUEL YOUR RUNNING FROM THOUSANDS OF CHOICES.

Supermarkets today carry an average of 38,718 items, according to the Food Marketing Institute. Colorful packaging, deceptive claims, and hidden ingredients confuse even the savviest shopper. Who wants to waste precious running time dithering over yogurt?

This aisle-by-aisle guide tells you exactly which nutritious (and delicious!) foods you should toss into your cart and which health-food impostors you should run away from. Our expert tips will help you shop smarter, so you can get in, get out, and get back to running fast.

GROCERY RUN

FRUITS & VEGETABLES

Fruits and vegetables are loaded with vitamins, minerals, and antioxidants runners need to support training, says Tara Gidus, M.S., R.D., an Orlando-based sports dietitian and marathoner. In general, the more color in your shopping cart, the more antioxidants and nutrients you're going to get.



RED

Beets. Nitrates found in beets can make your muscles work more efficiently during exercise by reducing the amount of oxygen they need.

Raspberries. Eight grams of fiber in a single cup. Higher fiber foods help runners maintain a healthy body weight and digestive system, says Gidus.

GREEN

Kale. Jam Packed with vitamin C, vitamin K, and vision-protecting beta-carotene. Add it to soups, saute it for a side, or add to salads and sandwiches.

Avocado. Nearly 70% of its fat is monounsaturated, the same kind that makes olive oil heart-healthy, Gidus says. Half an avocado also delivers seven grams of fiber.

YELLOW & ORANGE

Sweet potato. One potato provides more than three times your daily need for immune-boosting vitamin A. It's full of complex carbohydrates, Gidus says, which helps keep your energy stores topped up.

Mango. High vitamin C intake may reduce upper-respiratory-tract infections, as well as help lower your heart rate during exercise. One cup of mango delivers 75 percent of your daily need for C.

BLUE & PURPLE

Eggplant. This veggie, which has just 20 calories per cup, contains antioxidants with heart-protective qualities.

Plums. A study from Texas AgriLife Research found that plums contain as much antioxidant power as blueberries. Consuming plenty of antioxidants, says Gidus, may reduce postworkout muscle-tissue damage, speed recovery, and boost immune function.

WHITE

Banana. It brims with potassium and quick-digesting carbs. Potassium plays a key role in muscle contraction, with low levels linked to muscle cramping, Gidus says.

Tofu. Usually located in the produce department, tofu is an inexpensive and low-fat protein source. Add it to stir-frys, chili, or even pasta sauce.

GROCERY RUN

MEAT

BEEF

Best Buys: Eye, top, and bottom round; sirloin; flank steak; 90 or 95 percent lean ground beef

Good News: Contain about 18 grams of protein per 3-ounce serving and no more than 6 grams of fat

Avoid: Rib-eye, porterhouse, and T-bone steaks; 80-percent lean ground beef

Bad News: “These cuts have the highest fat-to-protein ratio,” says Marni Sumbal, M.S., R.D. Three ounces pack 12 to 18 grams of fat.

POULTRY

Best Buys: Skinless chicken thighs; turkey legs

Good News: A 3-ounce thigh contains 18 grams of protein and 3 grams of fat—just one more gram than breast meat. Remove the skin, and turkey legs have the same protein-to-fat ratio as chicken thighs.

Avoid: Ground turkey; enhanced chicken breast. If it includes skin, ground poultry can have as much fat as ground beef.

Bad News: Enhanced chicken is injected with saltwater to keep it moist; 3 ounces can pack more than 300 mg of sodium.

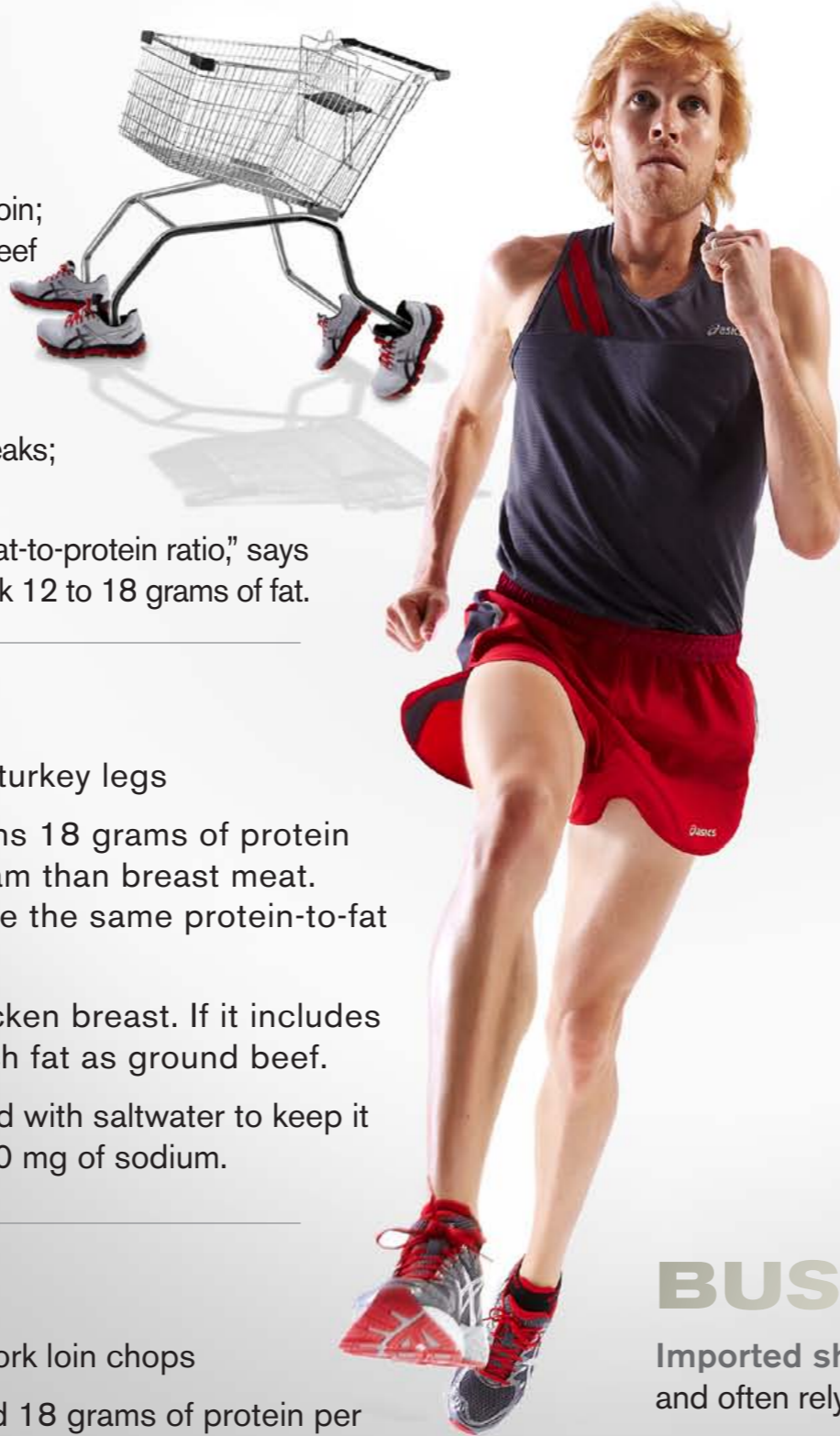
PORK

Best Buys: Pork tenderloin; boneless pork loin chops

Good News: Contain 3 grams of fat and 18 grams of protein per 3 ounces, making them nearly as lean as chicken breast

Avoid: Premarinated cuts; pork blade chops/pork shoulder roast

Bad News: “Premarinated meats have tons of sodium,” says Sumbal. Pork blade packs about 21 grams of fat per 3 ounces.



FISH & SHELLFISH

GOOD Eat these two to three times a month

Tilapia Protein-rich and inexpensive, U.S.-farmed tilapia is virtually free of saturated fat and is farmed in an environmentally sound way; but it's relatively high in omega-6 fats, which promote inflammation in the body.

Sea scallops Populations are abundant and contamination risk is low, but harvesting methods can be harmful to the ocean. Farmed bay scallops are a more eco-wise option.

BETTER Eat these two or three times a week

Rainbow trout Less expensive than wild salmon, trout is rich in omega-3 fatty acids, which may help relieve achy joints. Almost all U.S. rainbow trout available in supermarkets is grown at inland farms that follow environmentally responsible production methods.

Wild smoked salmon More sustainable than farmed varieties, wild smoked salmon is an easy way to add brain-boosting vitamin B12 and inflammation-reducing omega-3s to your meals.

Mussels Inexpensive mussels are full of iron, vitamin B12, and selenium—an antioxidant that may ease postexercise oxidative stress. They're farmed using eco-sound methods with little toxin risk.

BUST Eat rarely or never

Imported shrimp Overseas shrimp farms have destroyed coastal forests and often rely heavily on antibiotic use. Try U.S. farmed or wild shrimp.

Farmed Atlantic salmon Ocean pens can pollute surrounding waterways, and contamination from PCBs may be a concern. Splurge on wild.

Bluefin tuna This pricey tuna is overfished and high in mercury. Domestic, line-caught skipjack or yellowfin tuna have lower contaminants.

GROCERY RUN

YOUR DAILY DAIRY

A Canadian study found that people who exercised daily and ate a high-dairy, calorie-controlled diet for four months lost fat and gained muscle. Researchers think that dairy products may regulate appetite and promote muscle growth.

BREAKFAST: Low-fat kefir “With protein and carbs, kefir is a good option when you need something easy to digest,” says Sumbal, R.D., owner of Trimarni Coaching and Nutrition in Jacksonville.

Best Buy: Made with milk from grass-fed, bovine-growth-hormone-free cows, Lifeway Organic Lowfat Plain Kefir is free of added sugars.

MORNING SNACK: Low-fat plain Greek yogurt. It has about twice as much protein as traditional yogurt.

Best Buy: Fage Total 2% Plain has 20 grams of protein—and just 2.5 grams of fat.

POSTRUN: Chocolate milk. “The combination of protein and quick-digesting carbs helps repair exercise-induced muscle damage and refuel tired muscles,” says Sumbal. But it’s high in calories, so choose low-fat varieties.

Best Buy: Organic Valley Reduced Fat Chocolate Milk is sourced from family farms and beefed up with vitamin D.

DINNER: Eggs. Antioxidant-rich eggs are an inexpensive, nutritious, and quick-cooking alternative to meat for dinner. One large egg provides six grams of protein, and 23 percent of your need for selenium.

Best Buy: One Eggland’s Best large egg contains 115 milligrams of heart-healthy omega-3 fats and provides 11 percent of your daily need for vitamin B12.

EVENING SNACK: Low-fat cottage cheese. A 2012 study published in *Medicine and Science in Sports and Exercise* found that eating protein prior to sleep significantly improves recovery from exercise.

Best Buy: Friendship 1% Lowfat No Salt Added Cottage Cheese



THE PERFECT PASTA

WHOLE GRAINS Whole wheat, brown rice, buckwheat, spelt, or other types of whole grains should appear first in the ingredient list.

5 GRAMS OF FIBER Look for at least this much fiber per two-ounce serving. “Choose a 100 percent whole-grain product and it won’t be hard to reach this mark,” says Janis Jibrin, R.D., author of *The Supermarket Diet*.

6 GRAMS OF PROTEIN PER TWO-OUNCE SERVING Whole grains naturally contain some protein, which helps keep blood-sugar levels steady.

Best Buy: Barilla Whole Grain Linguini has a dense, chewy texture—and provides runner-friendly minerals, including phosphorus, magnesium, and iron.

RYAN’S HEALTHY EATING TIP #1: Instead of eating three large meals a day, I eat three meals with at least three snacks: breakfast, a snack after my morning run, lunch, an afternoon snack, dinner, and a snack before bed. This ensures I keep my blood sugar stable throughout the day, which allows me to maximize my recovery.

A DAY IN THE LIFE OF RYAN'S DIET

RYAN'S BREAKFAST:

“CYTO-CAKES”

If you're in a rush, as Sara and I usually are, you can substitute the first three ingredients below for one-third cup of your favorite pancake mix (Bisquick Heart Smart works great, and Pamela's is a great gluten-free pancake mix).

INGREDIENTS:

- ▶ **1/3 cup** of your favorite pancake mix
- ▶ **1 scoop** Muscle Milk or Muscle Milk Light (Good flavors: Brownie Batter, Cake Batter, Cinnamon Bun, Vanilla Creme, Dark Chocolate, Chocolate Peanut Butter)
- ▶ **1/2 cup water** (each flour/mix absorbs fluid differently, so add water until pancake batter is the correct consistency—thick, but mixable)
- ▶ **Any pancake fillings you like** (cut-up banana, chocolate chips, nuts, cocoa powder, cinnamon, coconut...the possibilities are endless!)

DIRECTIONS:

- 1. Heat** greased skillet on medium heat.
- 2. Combine** all ingredients until batter is smooth.
- 3. Pour** or spoon individual pancakes into heated skillet. Once bubbles form and the pancake is golden brown underneath, flip the pancake.
- 4. Cook** on the other side until golden brown.
- 5. Serve** with butter, margarine, or top with crumbled chocolate.

RYAN'S HEALTHY EATING TIP #2: I aim to eat about 65% of my calories from carbohydrate, 25% from fat, and 20% from protein. I don't count calories, but I like to think of **these ratios** when I'm filling my plate.





A DAY IN THE LIFE OF RYAN'S DIET

RYAN'S LUNCH:

SPINACH SALAD & CHICKEN, GOAT CHEESE & FIG PANINI

SPINACH SALAD

I top my spinach salad with red cabbage, sliced strawberries, broccoli slaw, and low-fat balsamic vinaigrette.

CHICKEN, GOAT CHEESE & FIG PANINI

INGREDIENTS:

- ▶ 2 large slices sourdough bread (or any bread you like; I sometimes eat gluten-free bread)
- ▶ 1 Tbsp. margarine
- ▶ 1 medium cooked chicken breast, sliced
- ▶ 2 Tablespoons fig jam (or make your own without added sugar by pureeing dried figs with a little water)
- ▶ 2 oz. fresh chèvre goat cheese
- ▶ Fresh thyme, chopped

DIRECTIONS:

1. **Spread** one side of each slice of bread with margarine; turn over.
2. **Spread** the goat cheese on the inside side of one slice of bread. **Spread** the other slice of bread with fig jam. **Add** chicken breast and sprinkle with fresh thyme.
3. **Press** slices together to make a sandwich, and put the sandwich in a panini maker on medium heat until bread is golden brown.

AFTERNOON SNACK:

COTTAGE CHEESE PANCAKES

INGREDIENTS:

- ▶ 1/2 cup low-fat cottage cheese
- ▶ 3/4 cup oats
- ▶ 1/4 cup water
- ▶ 1 dash each of vanilla extract and salt
- ▶ 3 packets of stevia or 3 Tb sugar

DIRECTIONS:

Heat greased skillet/pancake griddle to medium heat. **Blend** all ingredients in a bowl and pour batter into skillet/griddle as one large pancake or multiple smaller "silver dollar" pancakes. **Flip** the pancake(s) when bubbles appear on the top side. Serve with real maple syrup or jam/fruit compote.

RYAN'S HEALTHY EATING TIP #3: I try to eat a lot of fibrous vegetables, like baked Brussels sprouts and steamed broccoli and cauliflower before my lunch and dinner. This helps **slow the absorption of my meal into my body**, giving me sustained energy.

A DAY IN THE LIFE OF RYAN'S DIET

RYAN'S DINNER:

BRUSCHETTA KALE SALAD, GRILLED SALMON & SWEET POTATO FRIES

BRUSCHETTA KALE SALAD

Take **5 cups of raw kale** and chop it into fine strips. Place in a bowl and **add olive oil, balsamic vinegar, and finely diced tomatoes** to taste. I like to add **freshly chopped garlic and basil** as well. **Mix well and let stand in the fridge** (the longer you let this salad sit, the more the kale will break down and become easier to digest. I prefer mine slightly broken down, so I leave it in the fridge for 30 minutes.

GRILLED SALMON

My favorite way to eat salmon is BBQed on a **wood plank**. The wood plank adds a nice smoky, earthy flavor that complements the fish nicely. Just remember to **soak the plank for at least 2 hours** and cook the fish over **low heat** to retain all the amazing juices.

SWEET POTATO FRIES

This is my personal favorite, especially served as an appetizer to grilled salmon. It's an inherently easy recipe: I first give my sweet potatoes a **good scrub**; the times I have been lazy and didn't do this I got a dirty aftertaste that kind of ruined it for me.

I like to leave the skin on because I don't feel like the skin takes away from the flavor and it maximizes all the nutrients that sweet potatoes have to offer. I bought my own potato fry cutter (kind of intense, I know, but I eat them so often it saves me the time of chopping them), but you can cut them the old-fashioned way, into a fry shape or just slices. The important thing is to cut them as uniformly as possible so they all cook uniformly.

Once cut, I **spray a cookie sheet with some olive oil spray** and pour the cut fries onto the sheet and then spray them with the same spray. I like to season my fries generously with salt and, depending on how I'm feeling, I may toss them in some **cumin, garlic, red pepper, or black pepper** if I am going for the savory variety. If I want something a bit sweet I sprinkle on cinnamon. Next I **bake the sweet potatoes at 350 degrees F for about 45 minutes**, but it really depends on how thick you cut them. I check them and turn them every 15 minutes or so.

PRE-BED SNACK

Oatmeal made with almond milk, cocoa powder, and frozen raspberries.

POST-RUN SNACK

I usually keep some nonperishable items in my bag, like **Cytomax Energy Drops** and **Muscle Milk powder**, that provide quick and absorbable (and tasty!) carbohydrate and protein. Sometimes I pack some **bread with a little bit of almond butter** to eat with my Muscle Milk protein shake.

IF YOU'RE TRYING TO LOSE WEIGHT

AIM TO HAVE FRUITS AND VEGETABLES MAKE UP HALF OF EACH MEAL. “Your breakfast should be half fruit, and your lunch and dinner, half veggies,” says Cassie Dimmick, M.S., R.D., a sports dietitian and running coach in Springfield, Missouri, who adds that snacks should have the same 50/50 ratio: think carrots and a yogurt, or string cheese and an apple.

PLAN AHEAD. “Know when you’re going to eat and what you’re going to eat,” says Suzanne Girard Eberle, M.S., R.D., author of *Endurance Sports Nutrition*. “Plan it out at the beginning of the day and the week so that you’re not scrambling when you’re hungry.” This helps you resist the temptation of fast-food restaurants or pastries in the break room.

PUMP THE IRON. In order to maximize lean mass, stick with simple strength-training exercises for your major muscles, like squats, lunges, bench presses, and triceps dips. You want to move big loads build muscles; experts recommend lifting a weight that you can handle for eight to 10 reps.

KEEP IT AWAY. Don’t bring decadent foods into your home; it’s easier to win the battle at the grocery store than at the dinner table.

TAKE IT EASY ON NUT BUTTER. Runners love peanut and almond butters, and for good reason: They offer protein, healthy fats, and fiber in a convenient package. But a serving size is two level tablespoons. “People often end up eating three tablespoons,” says Dimmick. “That’s an awful lot of calories.”

RYAN'S HEALTHY EATING TIP #4: I make sure that almost all my meals contain adequate slow-burning carbohydrate, protein, and some healthy fat—with one important exception: the snack I eat immediately after my run. That snack is best if it is a simple, easily-digested carbohydrate snack with a little bit of protein.





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Elite marathoner Ryan Hall gets off to strong starts to establish his position. The All-New Sentra starts off with premium features to establish dominance in its class. It's not every vehicle that offers its drivers Dual-Zone Climate Control, Sport & Eco drive modes, Bluetooth^{®1} streaming audio and LED headlight accents all under one sunroof². Right off of the starting line, you can feel confident knowing that you and Sentra are ahead of the rest of the pack. It's our most innovative Sentra and the most innovative Ryan ever. Go for more at: [facebook.com/innovationforendurance](https://www.facebook.com/innovationforendurance)



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