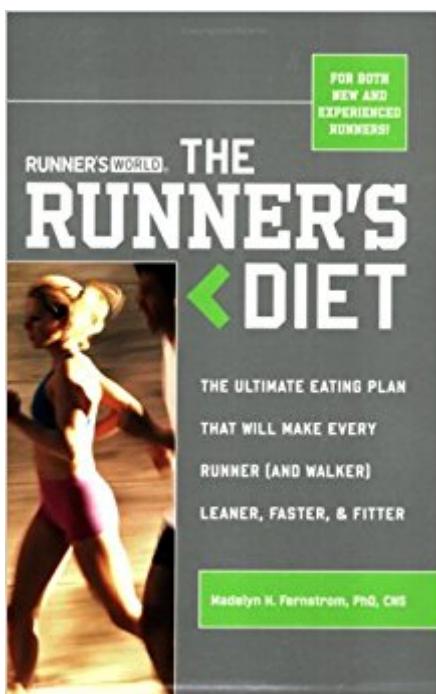


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# Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, And Fitter



## Synopsis

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*, the reader will discover:

- o Why the 50-25-25 ratio works best for runners--and even walkers
- o How to match your eating pattern to your running style
- o 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, *Runner's World Runner's Diet* by Madelyn H. Fernstrom with Ted Spiker 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.

## Book Information

Paperback: 204 pages

Publisher: Rodale Books (September 15, 2005)

Language: English

ISBN-10: 1594862052

ISBN-13: 978-1594862052

Product Dimensions: 6 x 0.6 x 226.3 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 62 customer reviews

Best Sellers Rank: #299,627 in Books (See Top 100 in Books) #454 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #1657 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #2237 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

MADELYN H. FERNSTROM, PH.D., C.N.S., is the founder and director of The Weight Management Center at the University of Pittsburgh Medical Center. Dr. Fernstrom has written 180 articles for scientific publications and edited one book in the areas of neuroscience, endocrinology, and

nutrition. She lives in Pittsburgh, Pennsylvania. TED SPIKER, assistant professor of journalism at the University of Florida, is a contributing editor to Men's Health. His work has also appeared in Fortune, InStyle, Sports Illustrated Women, and other publications.

This isn't really a diet for "new and experienced" runners. This book is a weight loss plan for casual runners, and more so, for people who want to or used to run. Fernstrom focuses on weight loss and didn't provide what I was hoping for, a book on a true "diet" - a sustained meal plan for maintaining health and fitness for someone who runs (not walk/runs, not jogs). Even still, I'm concerned with her recommendations. Fernstrom seems to rely a lot on no-sugar (and therefore, artificially sweetened) foods that can a) actually lead to weight gain and b) are incredibly processed (she also advocates I can't believe it's not butter spray - can we talking about the quality of food she's recommending?) She also doesn't recommend counting calories, but advocates a 50-25-25 split that seems to require doing so. In addition, large body of fitness research suggests that macro-based goals (in grams) for fats and protein are preferable to a percentage split, especially if you're more active. I'm a moderately active runner, logging about 25-30 miles a week, and increasing. On my long run days (where I eat more than 3,000 calories just to maintain my 120 weight), to hit Fernstrom's 25% protein, I would need to consume more than 750 calories from protein. That's nearly 200 grams of protein, and almost 2gs per pound of lean body weight on me, which is too much for a runner (even by her own recommendations) and is quite taxing on the liver. The other thing I don't care for is Fernstrom's "hard and fast" diet rules. For one, she likes to limit/eliminate snacks. Well that's fine, if by snack, you mean Doritos and a Snickers. But she forgets that a snack can be a container of greek yogurt, or an apple with some peanut butter or low fat cheese. Snacking works well to further spread out calories and limit blood sugar fluctuations common after large meals. Similarly, she also promotes the "no food after 7" rule. But if you don't go to bed until 11, and then you sleep until 7, you've now gone 12 hours without food, and that's not great for your blood sugar or metabolism. That rule may help you stop late night snacking, but there's a difference between planned, conscious snacking choices and impulsive (often nutritionally dubious) binging. And sometimes the food recommendations she makes are contrary to other running recommendations, and really, to common sense. She advocates some prerun/walk snacks that are low in calorie, contain fair amounts of fat, and often fiber. Fiber and fat (so dairy, peanut butter) are likely to cause GI distress when consumed shortly before a run since they take longer to digest. And if you're an AM runner, 100 calories after 5-8 hours (at least) of fasting is a good way to pass out (not to mention the quality of your run will suffer too). She recommends consuming 6-12 ounces of

water right before a run, another suggestion unique to this book. All in all, this isn't really a book about a "runner's diet" in the real sense of what a runner should eat to better his/her body, mind, and runs. This is a book about weight loss for the lightly active (or aspiring) runner who doesn't want to keep track of calories or food intake in any detailed fashion and doesn't want to make major changes in the types of food he/she eats. To be honest, I'm surprised this has a RW stamp - this isn't the quality I usually get.

When I purchased a book for a Runner's diet I made the assumption based on the title and book description that this book was geared toward runners. It is not. Rather it talks about getting into a workout routine and how to eat the right amount of calories. I am a regular runner, I was looking for a book that did what the title of this book says it does: teaches a regular runner what to put into their body based on a regular and vigorous exercise routine. It should be titled: How to lose weight by running and diet, a book for the past runner or the non-runner. To say that I am disappointed is an understatement. I cannot believe that Runner's World would put their name on this. It is nothing more than a diet book. Don't waste your time if you are a runner and understand a healthy balanced diet.

I have been running for a few years now and was still having issues with weight loss. This book has really made me think about how to properly eat to help lose weight but not starve myself as a runner. Yes, I agree with the other comments that it may not be for the "experienced runner" but it opens your eyes to a new way of eating to fuel your runs.

Over the past few years I was the runner who would log loads of miles during the week, using it to justify eating half a pizza and burger/fries whenever I wanted. I knew this was a bad philosophy, but I didn't understand the basis of it in its entirety. This book gave me a simple and straightforward method to understand the calories in/calories out method. The book also gave me further reinforcement that I didn't need to spend hundreds of dollars on diet methods or a gym membership. Instead I held myself accountable for my actions, got a low cost membership to the local Y and bought a good pair of running shoes. 1 year and 16 pounds lighter I'm running faster and further than I have in over a decade. I still have this book and refer friends to it whenever they ask about a good method to lose weight and improve their workouts. Be aware though, this is more of an explanation/philosophy book. If you are looking for a plethora of workout regimens and diet plans this is NOT the book for you. However, if you REALLY want to understand why you aren't losing

weight even though you are working out 5 times a week this book explains the reason in a simple, straightforward way and leaves you motivated to stick to your goal.

I should have read the other reviews before buying this book. I've had it for roughly 4 hours now, I've flipped through the entire thing. It's more like Weight Loss for Newbs, has little to do with running or making oneself faster, leaner, and stronger. I'm also baffled at the "free foods list." It's all diet drinks and processed chemicals! No thank you! I gave it all up months ago. I really just wanted a book that would give me guidelines for adequate nutrition. I'm currently training for my first half-marathon. I'm not really a naturalist but this book makes me feel sorry for the trees that died so this could be printed.

This book really helped me and put my diet in perspective. I lost a lot of weight while training and running. I realized I didn't have eat as much as I eating to run a marathon. I couldn't figure out how I was gaining weight and not losing until I read this book.

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