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Eating Types

Everybody is different. There are many things that make people different from others. One way that might surprise you that can make people different from each other is their eating habits. There are several eating types. Click on one of the links to find out what type of eater you are and if it is a healthy way to eat.

There's no single right way to eat well. Each approach has its own merits and drawbacks. The key to fueling your body and running your best, says San Diego-based nutritionist Tara Coleman, is to understand your tendencies, so you can build on healthy choices and adjust not-so-good-for-you habits. Whether you graze every few hours or eat the same three meals every day, here's how to tweak your diet so it better meets your nutritional—and running—needs.

[Eating Tips for Runners at Runner's World](#)

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