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# **Best Foods for Runners - Healthy Living - Health.com**

With the new year approaching you may be making some changes or additions to your workouts to maximize your weightloss and improve your health. If you're thinking of becoming a runner there are several foods that can boost your energy and give your body the nutrients it needs to be in top shape. Nutrients like vitamin C, fiber, potassium and magnesium can be depleted during running so consuming foods with these nutrients will keep you healthy and strong. Protein and iron are also important to runners. Eating lean meats and fish will supply your body with the protein it needs to rebuild muscles after a long run. For more information click on the link below.

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