

COME AND MAKE A DIFFERENCE!

Join in the fight against breast cancer. Education and early detection is the key. You can support this cause by registering as a group, individual runner or walker. BRING THE ENTIRE FAMILY!



D'Feet Breast Cancer Fun Run & Walk

USATF Certified Course
10K RUN Rain or Shine
5K RUN
5K WALK • 1K KIDS RUN



Saturday, October 22, 2005
Moody Gardens • Galveston Island

Race Day Schedule

6:30 am - 8:00 am Race Day Registration and Chip Application
 8:00 am - 8:30 am Opening Events
 8:30 am 1K Kids Event
 9:00 am 10K Run/5K Run/5K Walk
 9:00 am - noon Kids Party with Breakfast & Lunch

Registration

Early registration ends by mail October 12.
 Online registration ends October 15.
 Packet pickup begins week of October 17.

Timing

ChampionChip Timing provided by Run Wild Sports.
 Race results will be posted immediately after race and will be available online. Digital clock at finish.

FREE FREE FREE

- Chair massages
- Babysitting services
- 5x7 color photo for groups of 5-8 people registered together
- Breast cancer survivor hospitality tent
- Kroger health food tent
- 9' breast cancer ribbon sculpture signed by Galveston County breast cancer survivors
- Southwest broccosprout wraps courtesy of Chef Urs
- Angela Sessums HRA Village Director entertains
- And other great surprises

For More Information On The Free Mammography Screening Program call (409) 392-0033

For Race Information and to Register Online
www.dfeetbreastcancer.com
Hotline (409) 771-5574

EATING ON THE RUN

BY CARYN HONIG, RD, LD



A Different Kind Of Runner's High

A few weeks ago, I was training with the Beat the Heat Training Program and I asked one of the runners if there was any particular topic he was interested in reading about. He answered that he was interested in learning why he craved sugar so much, particularly at nighttime. I thought about this, asked around, and sure enough, many runners admit to having sugar cravings (I have to admit - I, too, am a chocoholic). So, is it true that runners have a sweet tooth? Do other athletes also crave sugar? Or is it Americans in general who crave sugar?

Runners often report feelings of euphoria after finishing a workout or race. Many runners also report feelings of sugar cravings or an intense sensitivity to sweetness. These feelings tend to come before, during, and/or after (i.e. all the time) training and racing. As Houston-area runner and triathlete, Lisa Korsten, says, "Yes, I definitely crave sugar. I particularly crave chocolate after I run," she said. Korsten continued to explain that she will eat chocolate before breakfast, throughout the day, and at night. "I think I always crave chocolate - it's on my mind most of the day."

Wondering how exercise affects sensations, scientists at the Osaka (Japan) University of Health and Sport Sciences evaluated taste thresholds in competitive runners. The researchers reported that the volunteers' sensitivity to sweetness increased greatly after their endurance training. In another study, rats also showed a heightened sensitivity to sweets after exercise. These studies show that there is a physiological connection between exercise and sugar cravings.

Runners are not alone in their addiction to sugar. As a nation, we consume an estimated 147 pounds of sugar per person per year. That comes out to about 17% of our total daily calorie intake or an average of 30+ teaspoons of sugar each day.

All Types Of Sugar

Sugar comes in many shapes and sizes, colors and consistencies. Sugar includes all of the various sweeteners that go into processed foods, drinks, baked goods, condiments, and cereals. To get a read on the sugar content of any food, look at the Nutrition Facts label for grams of sugar, which includes added sweeteners as well as naturally occurring sugars such as lactose in milk and fructose in fruit. Also, look for the following words used to describe the type of sugar in a food:

SUCROSE

This is plain old table sugar. Granulated white sugar is used in many products ranging from drinks to sweetened yogurts. Brown sugar, powdered sugar, and "sugar in the raw" are all forms of sucrose.

FRUCTOSE

This is the natural sugar in fruit and fruit juice. Fructose tastes the sweetest of all sugars. You may also see fruit-juice concentrate on labels, which is just another name for fructose.

GLUCOSE

Glucose is the basic unit of sugar in our blood stream and is also the building block for complex carbohydrates such as whole grains and potatoes. Glucose, which tastes less sweet than table sugar, is added to some sports drinks and may appear as dextrose on the ingredient list.

HONEY

Honey is a sticky sweetener made by bees. It is a super-saturated solution of water and sugars. Honey also contains anti-oxidants that come from the flowers the bees raid for nectar.

HIGH FRUCTOSE OR CORN SYRUP

This is made from specially treated corn syrup and has the same chemical makeup as table sugar.

SORBITOL

Along with manitol and lactitol, sorbitol

ing on your caloric intake, this comes to around 8-18 teaspoons of sugar daily, with one teaspoon of sugar equaling four grams. Sugar in the forms of sucrose, corn syrup, turbinado sugar, fructose, honey, and dextrose are all great sources of carbohydrate energy. Just make sure that other more nutritious foods such as fruits, vegetables, whole grains, protein, etc. are not being squeezed out.

Tips on sugar intake include:

- Don't give up sweets entirely. Cutting sweets out altogether can set off a sugar binge. It's best to appease your cravings with small servings.
- Think small. When buying sweets, look for bite-size or single-serving packages. Stay clear of super-size or value pack.
- Make your sweets count. Avoid fat free, sugar free items as they tend to not be satis-

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substitutes for sugar and other sweeteners in sugar-free products such as ice cream and chewing gum. These sugar alcohols are processed differently than other sugars and will not raise blood glucose levels. They still contain calories. Consuming large amounts of these sugar alcohols can result in cramping and/or diarrhea because they are absorbed so slowly by the intestinal tract.

All things considered, sugar can be part of a healthy diet. But how much is too much? The World Health Organization (WHO) suggests limiting added sugars to 10% of your daily calories to help make room for more nutritious foods. The National Academy of Sciences on the other hand, believes that up to 25% of your daily calories can come from added sugars as long as most of the sweetened foods also offer an array of healthful nutrients.

Because of the extra calories that running burns, runners can definitely afford to keep sweets in their diet (in moderation, of course). Houston-area runner Richard Lewis, says that chocolate chip cookies are the key to his success. "I crave chocolate chip cookies," he said. "I've never eaten a bad chocolate chip cookie in my life." At 5'10", 145 lbs. Lewis can afford to eat chocolate chip cookies by the dozens. And he does. "Anytime I see one or walk by a place that sells them, I'll buy one," he said. "I'm skinny enough now, I might as well take advantage of it."

Not all of us are so lucky! Most runners have to figure out their sugar "allowance." A good rule of thumb is to keep your sugar intake to 5-10% of total calories. Depend-

ing to the sweet tooth.

- Drink lots of water. Water will help suppress the craving for sweets.
- Eat a healthy breakfast. People who start their day with a healthy breakfast are less likely to experience a blood sugar dip and carbohydrate craving later in the morning. People who skip breakfast are more likely to overeat the rest of the day.
- Develop a tart tooth. Many American desserts are sickeningly sweet, a taste we have become accustomed to. European desserts tend to be more tart.
- Try non-food substitutes. The best way to break any habit is to substitute an alternative pleasure. Try writing down conditions that trigger your cravings including boredom, loneliness, anxiety, sadness, etc.

Keep in mind that even Houston's top runner, Sean Wade, says that he, too has a sweet tooth. "I crave chocolate and sour candy. I eat it whenever it is in the house and every day," he said. Now, if Sean Wade has a sweet tooth and can consistently win races, how bad can sugar really be? Maybe chocolate really is the key to success.

Caryn Honig is a Registered and Licensed dietitian whose specialties include eating disorders and sports nutrition. She owns a private nutritional counseling practice called The Healthy Weigh. Caryn worked for five years as the Nutrition and Exercise Coordinator at Texas Children's Hospital Wellness Center. She has completed over 20 marathons, numerous triathlons, and one full Ironman Triathlon and may be reached at (713) 622-6422.