

The Healthy Weigh

January/February '02

Caryn Honig RD LD, Jennifer Houghton MS RD LD, Ronda Elsenbrook RD LD



"The Wright Brothers flew right through the smoke screen of impossibility."

Charles Franklin Kettering

"We know truth, not only by reason, but also by the heart."

Blaise Pascal

"Age is not important unless you're a cheese."

Helen Hayes

"I have never been disabled in my dreams."

Christopher Reeve

"I never worry about diets. The only carrots that interest me are the number you get in a diamond."

Mae West

"You don't get ulcers from what you eat. You get them from what's eating you."

Vicki Baum

THE HEALTHY
WEIGH
713-622-6422

Eating During A 50-Mile Running Race by Caryn Honig RD LD

Ask 10 ultra-distance runners what they eat before, during, and after a race and you'll get 10 different answers. Some carbo-load, some don't. Some eat protein and carbohydrates during the race, some eat *only* carbohydrates. Some eat candy, some eat chips. I recently learned first-hand about eating during an endurance run when I participated in the Sunmart 50 Mile Endurance run on December 8, 2001.

The food offered at this particular race was unbelievable in both quantity and quality. There was a smorgasbord before, during, and after the race. Breakfast, lunch, dinner, and snacks were offered to both runners and spectators. At the start were biscuits, sausage, bacon, and eggs. At the finish were deli meats, bread, hamburgers, hotdogs, grilled chicken, fried chicken, beans, macaroni and cheese, potato salad, coleslaw, sodas, and tea. The six aid stations placed along the 12.5 mile loops were well-stocked with Gatorade, Coca-Cola, bananas, pretzels, potato chips, jelly beans, cookies, boiled potatoes, M&Ms, peanut butter sandwiches, soup, cantaloupe/honeydew melon, peanuts, gum drops, and more.

Because I'm a dietitian, I should know exactly what to eat during a 50-mile race, right? Wrong. I know exactly what works for me during a 26.2-mile marathon, but an ultra-marathon was totally new territory for me.

The week before the race, I cut back on my training and started increasing fluid and carbohydrate intake. I *really* carbo-loaded the day before the race with bread, bananas, pasta, crackers, and gummy bears (my weakness). The morning of the race, I was still full and a little bit nauseous from nerves. I *did* manage to choke down a bagel and that was it. During the race, I tried a variety of things. I drank Coke because I had read that Charl Mattheus drank Coke and won the race and I thought maybe it would do wonders for me. Unfortunately, it didn't work—I didn't win and I got a bad side cramp. I also tried jelly beans and gum drops, and I found that the simple sugars did not agree with me—they caused cramping and a bathroom stop. Boiled potatoes, hot chicken broth, a Harvest Bar, Gatorade, water, a few salted pretzels, a few bananas, peanut butter and jelly sandwiches all worked great. I wanted to eat everything — cookies, M&Ms, peanuts, potato chips—but once I figured out what worked, I stuck to that.

Immediately after the race, I ate grilled chicken, a biscuit, and an Ironman Bar. The day after the race, I ate everything except the kitchen table. For the next few days, I ate according to hunger (which was quite often) and listened to what my body was craving (mostly carbohydrates and protein). I knew my body would eventually return to

normal hunger levels and I would go back to eating "normally."

What I learned from this ultra-marathon is that when it comes to nutrition, the most important thing is that you find what works best for you — and stick to that.

PRACTICE, PRACTICE, PRACTICE. Just like everything else, practice makes perfect.

During training, practice what you are going to eat and drink during the race. Figure out what settles best, whether it is fruit, bagels, power bars, power gels, sandwiches, candy, or soup. Also, practice drinking Gatorade, soda, and soup.

DRINK ENOUGH FLUIDS.

During training, you should monitor your urine. You should drink enough fluids so that you are urinating frequently. Urine that is dark and has a bad odor might be a sign that you are dehydrated. Drink more! During the race, you should drink fluids at every stop. "I recommend drinking Gatorade (or a fluid with the same composition of carbohydrates and electrolytes) after 60 minutes of exercise," said Dr. Jon Divine, Sports Medicine and Family Practice physician at Hermann Memorial Family Practice. "Chicken broth is really good if an athlete can handle it," he said. "It provides

continued on page 2

TABLE OF CONTENTS

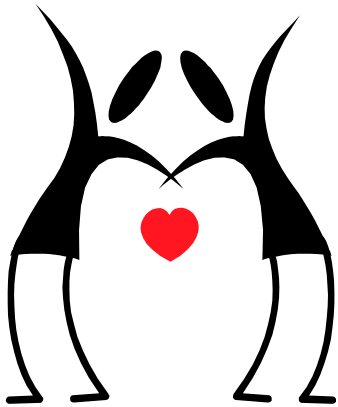
<i>Inspirational Quotes, Eating During A 50 Mile Running Race</i>	<i>Page 1</i>
<i>Houston Marathon Schedule, Eating Disorders Support Group</i>	<i>Page 2</i>
<i>Healthy New Year Recipes</i>	<i>Page 3</i>
<i>ETCETERAS.....</i>	<i>Page 4</i>

continued from page 1

the sodium needed to help prevent hyponatremia.” Because of the risk of hyponatremia (low sodium), be sure to consume foods and drinks that contain sodium. Salted pretzels, potato chips, chicken broth, and potatoes sprinkled with salt are all good choices. “I would *not* recommend salt tablets,” said Dr. Divine. “They could make the problems worse by causing delayed hyponatremia. Stick with Gatorade supplemented with salty foods,” he said.

GO WITH YOUR GUT (LITERALLY) Listen to what your body is telling you. If you cannot stomach the thought of eating another energy bar, then don't. If a bagel or peanut butter and jelly sandwich looks tempting and that's what you're craving, then go for it. If it turns out to be a mistake, at least you've learned what *not* to eat at the next stop.

Runners are different and their nutritional needs are different. The trick is finding out what works (and what doesn't) and sticking to that! Good eating and good running!!



EATING DISORDERS SUPPORT GROUP

Who: Those suffering from an eating disorder are encouraged to come for help and support.

When: Mondays at 6:00 p.m.

Where: 3701 W. Alabama, Suite #230, Studio B

Call: Caryn @ 713-622-6422

Cost: Free

The Healthy Weigh now has a website:
www.thehealthyweighonline.com
Check It Out!

COMPAQ HOUSTON MARATHON MARATHON WEEKEND Friday-Sunday, January 18-20, 2002

RACE WEEKEND AGENDA

***Friday, January 18 and Saturday, January 19
The Subway Health & Fitness EXPO***

A free two-day running, sports, and fitness Expo, sponsored by Subway, will be held on Friday, January 18 and Saturday, January 19 at the George R. Brown Convention Center. The Expo will feature exhibitors displaying and selling the latest in health and fitness products and services. There will also be a number of health-related running seminars, as well as clothing and supplies at bargain prices.

*Friday, January 18, 2002, 11:00 a.m. - 7:00 p.m.

*Saturday, January 19, 2002, 9:00 am - 6:00 pm

George R. Brown Convention Center
1001 Avenida de las Americas

SATURDAY, JANUARY 19, 2002

***8:00 a.m. Texas Children's Hospital Kids' Fun
Run, George R. Brown Convention Center***

SUNDAY, JANUARY 20, 2002

***7:15 a.m. Wheelchair Start of the marathon and
half-marathon, George R. Brown Convention
Center***

***7:30 a.m. Start for Compaq Houston Marathon
and 13.1 miler, George R. Brown Convention
Center***

***7:50 a.m. Start for Uptown Park 4 Miler, George
R. Brown Convention Center***

***11:00 a.m. Post-Race Press Conference, George
R. Brown Convention Center***

***12:30 p.m. Marathon Awards Ceremony, George
R. Brown Convention Center***

1:00 p.m. Marathon course officially closes

***4:00-10:00 p.m. Celebration Party at Champps
Americana, Uptown Park***

**For more information on the Compaq Houston
Marathon, 1/2 marathon, and 4 miler visit the
marathon website at:**

www.compaqhoustonmarathon.com

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Healthy New Year Recipes



Pumpkin Muffins

INGREDIENTS

- 1 3/4 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup canned pumpkin
- 2/3 cup buttermilk
- 1/2 cup honey
- 2 egg whites (lightly beaten)
- 2 tbsp canola oil



**Add cranberries or nuts for a yummy touch*

DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a large bowl, sift the dry ingredients.
3. In small bowl, combine liquid ingredients and pumpkin.
4. Combine pumpkin mixture and dry mixture together.
5. Pour into a 12-cup muffin pan that is lined with muffin paper.
6. Bake for 20 minutes and let cool for 5 minutes.

Analysis per serving:

- Calories: 136
- Protein: 4 grams
- Fat: 3 grams
- Carbohydrates: 24 grams
- Cholesterol: 1 mg
- Sodium: 140 mg
- Fiber: 3 g

Chicken Pot Pie

This is a comfort and feel-good food.

INGREDIENTS

- 2 cans of fat-free cream-of-chicken soup
- 2 cups cooked chicken breast (chopped)
- 2 1/2 cups frozen vegetables
- 1 1/4 cups low-fat Bisquick mix
- 1/2 cup skim milk
- 1 egg

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Combine chicken, vegetables, and soup in a 9-inch pie plate.
3. Stir together remaining ingredients, pour mixture over chicken and bake until golden brown (about 30 min.)

Yields 6 small servings.

Analysis per serving:

- Calories: 277
- Carbohydrates: 37 grams
- Protein: 16 grams
- Fat: 7.5 grams



The Healthy Weigh

3701 West Alabama, Suite #230
Houston, Texas 77027

The Healthy Weigh

etceteras

RACE RESULTS

TEXAS SUNMART TRAILS 50K

Suzy Seeley	4:31:16
Catherine Kruppa	4:56:09
Meredith Novy	5:54:20
Harry Sokolow	
Penny Lapregendere	6:38:37
Dena Sokolow	7:27:31
Alex Sullivan	7:57:11
Marianne Smith	8:40:27
Terry Ott	

TEXAS SUNMART TRAIL 50 MILES

Mark Fraser	8:32:26
Caryn Honig	10:33:26

HAPPY BIRTHDAY TO THE HEALTHY WEIGH'S OWN Jennifer Houghton, Ronda Elsenbrook, and Meg Ortego.

Check out The Healthy Weigh's new website at:
WWW.THEHEALTHYWEIGHONLINE.COM

CONGRATULATIONS KELLY AND DIANNE JARRELL on their beautiful performances in The BalletForte Nutcracker at The University of Houston Cullen Performance Hall.

CONGRATULATIONS LEA MCGOWAN on her outstanding performances in the Houston Ballet's Nutcracker.

CONGRATULATIONS ON THE RECENT MARRIAGE ENGAGEMENT OF JENNIFER HOUGHTON AND MICHAEL LINDSAY.

CONGRATULATIONS TRINA AND DANNY PAINTER for tying knot.



CONGRATULATIONS JAMES AND SARAH CALLAHAN-BAKER ON THE BIRTH OF THEIR SON BAYLIS ROBERT BAKER. Baylis was born on October 24, 2001 and weighed 9 pounds and 7 ounces. Both mom and baby are doing great.

Don't forget RunSport's 10% discount to all Healthy Weigh clients and associates:
2133 Richmond Avenue
713-524-6662

GOOD LUCK TO ALL RUNNERS AND WALKERS PARTICIPATING IN THE COMPAQ HOUSTON MARATHON, 1/2 MARATHON, AND 4-MILER ON JANUARY 20.