

Nathan Pritikin --- Diet for Runners

The High-Performance Diet
That Gives You Supercharged
Energy and Endurance

*

Guards Against Heart Attack
and Sudden Death

Nathan Pritikin

*DIET FOR
RUNNERS*



A FIRESIDE BOOK

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OTHER BOOKS BY NATHAN PRITIKIN

The Pritikin Program for Diet and Exercise

The Pritikin Permanent Weight-Loss Manual

The Pritikin Promise

BY NATHAN PRITIKIN AND ILENE PRITIKIN

The Official Pritikin Guide to Restaurant Eating

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Scientific drawings by Nell Taylor are reprinted from *The Pritikin Promise*.

NATHAN PRITIKIN

TO ILENE PRITIKIN

- a dedicated runner
- 25 years old (don't believe her birth certificate that says over 60)
- my coauthor
- my inspiration

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FOREWORD

The appalling phenomenon of runners' deaths has evoked much controversy about the safety of running, even for people in apparently excellent health. There is compelling evidence that these deaths are due to the fact that most runners still follow the average American diet. I discussed this point in a previous book, *The Pritikin Promise: 28 Days to a Longer, Healthier Life*, but I felt there was a real need for a more extended treatment of the subject of diet as it affects runners. Hence this book. You will find another important feature in this book—a special convenience diet developed especially for runners, on which they can “carbohydrate-load” safely at every meal.

PART ONE

*NUTRITION AND
YOUR HEALTH*

1

How the Pritikin Diet Can Help You

Why should you—a healthy person—a runner, no less—bother to change the way you eat?

The sad news is that, in all likelihood, you're not as healthy as you may think. If you are over 20 years old and have been on an American diet all your life, you're undoubtedly not healthy at all. In fact, statistics suggest you are probably well on your way to suffering severe heart disease.

Here is why:

The heart is a muscle and requires blood to work. Only three coronary arteries, each as thin as a pencil, supply all the blood to your heart. If these arteries become clogged with cholesterol deposits or “boils” from too much fat and cholesterol in your diet, they will narrow or close so that the volume of blood flowing to your heart diminishes. So even though your heart muscle is strong because you run, you are probably forming fatty deposits in the vessels sup-