

More Satisfying Substitutions

Better food choices to fuel your running

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Feel like your diet is at a monotonous road block? Not sure how to make improvements? Enjoy these satisfying substitutions. They taste great while providing the nutrition you need to fuel great training.

Satisfying Substitution #1

Instead of: French fries

Try: Baked sweet potato fries

Why: A serving of French fries can add a whopping 300-700 calories and nearly 15-40 grams of unnecessary fat to a meal. You can still splurge without the excess involved with eating regular French fries. A serving of baked sweet potato fries provide closer to 100 calories and a gram or two of fat. Not to mention you are getting more of the powerful antioxidants vitamin A and vitamin C that help ward off the seasonal bug. They're also a good source of fiber, manganese, copper, and vitamin B-6.

Taste Tip: Chop a couple sweet potatoes into ¼- to ½-inch thick slices. Lightly toss the sweet potato slices with a tablespoon or two of olive or canola oil. Follow that with a little paprika, chili powder, coriander, coarse rock salt and pepper. Bake at 450 degrees.

Satisfying Substitution #2

Instead of: Whole-egg omelet

Try: Egg-white omelet

Why: One large egg provides 215 milligrams of cholesterol. A whole egg every now and again can be quite good for you; but an egg omelet often includes 3 or more eggs. Did you know the daily recommended intake of cholesterol is 300 mg? All that cholesterol can add up. Instead make the quick, protein-packed meal from egg whites. They're still an excellent source of muscle-building and -repairing protein. It's also low-fat, low-calorie, and cholesterol-free.

Taste Tip: Jazz up your egg-white omelet by adding strong flavors like a little Swiss, feta, or goat cheese. Then fill it with antioxidant-rich vegetables. An omelet stuffed or topped with artichoke hearts, sun-dried tomatoes, spinach and Swiss cheese can be a great start to your new repertoire of egg-white omelets.

Satisfying Substitution #3

Instead of: Lunch meat or peanut butter and jelly

Try: Water-packed tuna or salmon

Why: Making the switch to water-packed tuna or salmon once a week is an effortless way to slip more omega-3 fatty acids into your diet. Evidence continues to mount on the positive benefits of omega-3 fatty acids. A study published in The Clinical Journal of Sports Medicine in March suggested that omega-3s improve delayed muscle soreness related to eccentric exercise. This omega-3-rich protein source is just as convenient as peanut butter or lunch meat. Aim for two 4-ounce servings of fatty fish a week to take advantage of the omega-3 benefits.

Taste Tip: Fill a pita with tuna salad. Top a salad with water-packed salmon. Tuna and crackers and tuna wrapped in a romaine lettuce leaf are great snacks.

Satisfying Substitution #4

Instead of: Dry bread crumbs

Try: Rolled oats or crushed bran cereal

Why: This is a great way to get rid of that old, stale cereal you feel guilty about throwing away. Even more importantly, using rolled oats or crushed bran cereal is a terrific way to sneak in whole grains. Using whole grain can offer more fiber, protein, and other important nutrients. The extra protein and fiber, even that tasty crunch, will leave you feeling more satisfied from the meal.

Taste Tip: Replace bread crumbs with rolled oats in your next meatloaf. A coating of crushed bran flakes adds a nice crunch to a fish or chicken dinner.

Satisfying Substitution #5

Instead of: Ground meat

Try: Veggie burger crumbles

Why: Making a wholesome meal after a long day at work or tough workout may feel like an inconvenience. There's no need to miss out on protein in shying away from meal preparation. Not a fan of beef anyway? Whether you're cooking for one or more than one, veggie burger crumbles are a perfect stand-in. A serving of veggie burger crumbles provides 10 grams of protein and 3 grams of fiber. It's low-fat and chock full of nutrition. Store it in the freezer and pour any portion needed. Even a true beef lover will have a hard time telling the difference in a well-prepared veggie burger crumble dish.

Taste Tip: Veggie burger crumbles are perfect for chili and spaghetti sauces. Combine them with vegetables or cheese to fill a pita or wrap. Even serve them plain with a splash of seasoning. Or try this recipe for a tasty dip.

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