Complementary blog post: 5 Superfoods You Should Be Getting Daily if You’re a Runner

Subject: The Best Super Food Seeds to Eat After Running

(Firstname)

If you’re a keen runner, you’ll know just how important the right nutrition is to your performance. Whether you’re looking to lose weight, or generally boost your overall health, super foods can help.

Below, you’ll discover the best super foods to eat after running for maximum benefits.

Chai seeds

Chai seeds constantly top the list of the best super foods and it isn’t hard to see why. In terms of running, they help to deliver sustained energy, reduce dehydration and prevent joint pain. So, you’ll have more energy for your runs and you’ll help to protect your joints, reducing the risk of injury.

Pumpkin seeds

With such a high magnesium content, pumpkin seeds can be a runner’s best friend. Its main benefits include regulation of the blood pressure, protein synthesis and it boosts nerve and muscle function.

Flaxseeds

One thing you’ll typically be concerned about as a runner is oxidative stress. The good news is, flaxseeds can help to combat this due to their manganese content. This works by fighting off free radicals, in turn reducing oxidative stress. An additional benefit is the fact you’ll also minimize the signs of aging.

Sesame seeds

Sesame seeds contain one of the largest numbers of nutrients of any other seed. The most interesting ingredient for runners is copper. This provides both collagen and energy to the body. The increased collagen really helps to protect the joints, ensuring they don’t suffer from being overworked.

They also contain a lot of iron which is responsible for the production of hemoglobin. This helps to ensure plenty of oxygen is delivered into the muscles.

Hemp seeds

Another super seed that’s high in magnesium, hemp seeds provide numerous health benefits. As they don’t contain phytates, the body finds it much easier to absorb the nutrients from the seeds.

They’re also high in Vitamin E, which is important for athletes as it helps to prevent oxidative damage caused by exercise.

You can learn more about the super foods you should be eating daily if you’re a runner, by checking out the blog on our website.

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Overall, there’s a lot of super foods out there and the 5 seeds above are especially great for runners. They’ll help boost your endurance, give you plenty of energy and provide the body with all the nutrients it needs for a good run.

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