

→ INJURY-PREVENTION PLAN ←

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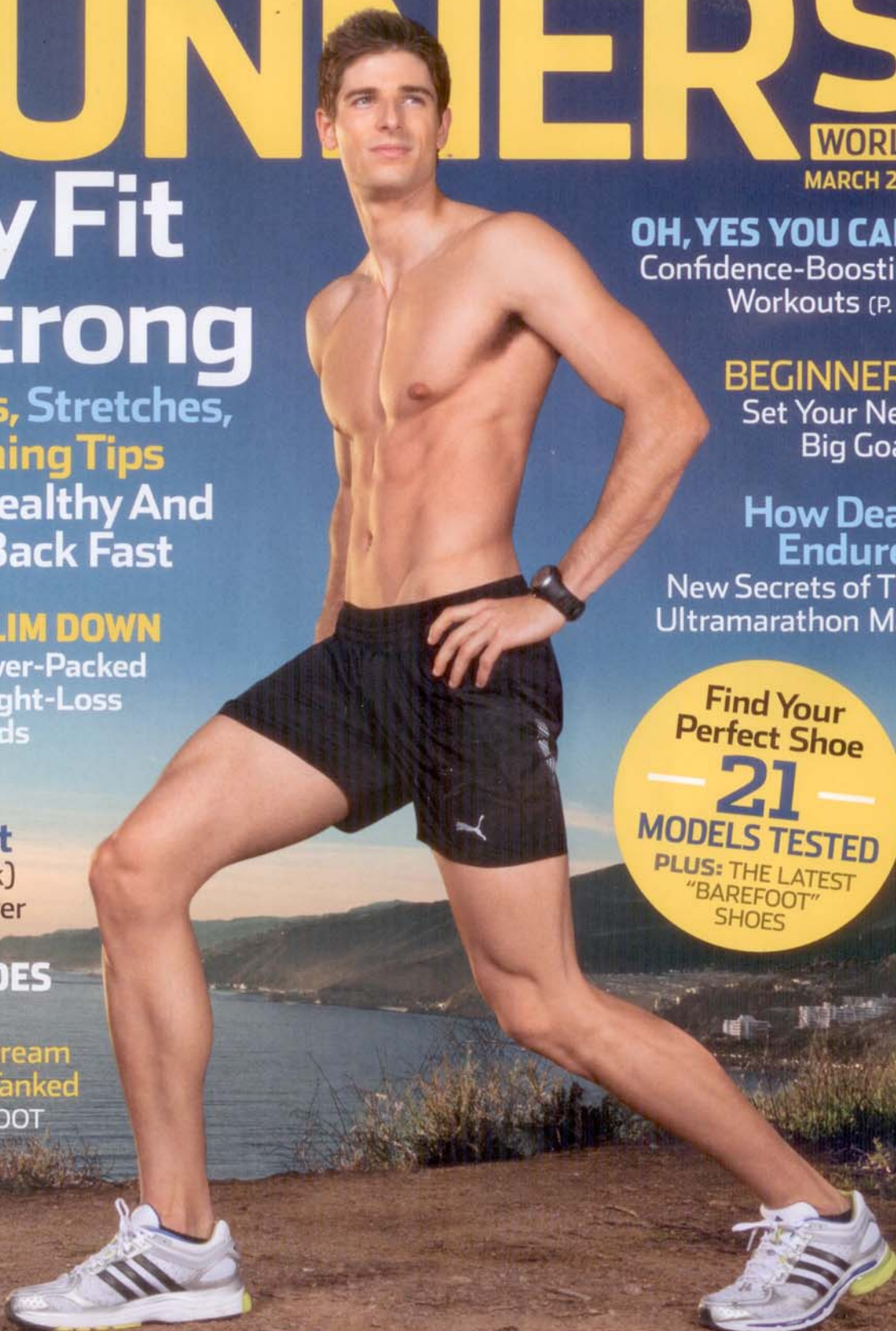
A Marathon Dream That Almost Tanked
BY AMBY BURFOOT

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Plenty of Fish

Smart seafood selections deliver all the benefits without the worry **BY MATTHEW KADEY, M.S., R.D.**



A GREAT CATCH
Striped bass is a healthy alternative to Chilean sea bass.

YOU PROBABLY understand why fish is a top choice for runners—it packs a healthy punch with little caloric cost. But you may not eat it often because you're not sure what to buy or how to prepare it. Then there's concern about mercury contamination and pollution from farmed fish waste. Plus, many wild species are overfished, leading to dwindling populations. It's enough to make you sprint to the poultry case. And that's a shame, says sports dietitian Molly Kimball, R.D., since there are plenty of alternatives to more popular—but less environmentally sound—seafood choices. With the right cooking method, these fish are easy to prepare and great tasting, too.

ARCTIC CHAR

Milder than salmon, arctic char is a good source of DHA and EPA, omega-3s that protect against heart disease. "They have an anti-inflammatory effect," says Kimball, "so they may reduce inflammation that leads to soreness." Char gets its pink hue from astaxanthin, an antioxidant that raises HDL, or so-called "good cholesterol." Most char is farmed in land-based, closed tanks, so there's little risk pollutants or fish can escape into open water.

MAPLE GLAZED ARCTIC CHAR →

Combine 2 tablespoons maple syrup and 1 tablespoon each balsamic vinegar and orange zest. Brush mixture on four char fillets and cook at 450°F for 12 minutes. Brush with glaze again halfway through.

BARRAMUNDI

Native to Australia, barramundi is now farmed (using sound practices) in the United States. "It has a buttery, sweet flavor that's not at all fishy," →

Splurge on high-quality canned sardines to avoid that fishy taste. Lightly sauté them with onion, capers, and bread crumbs. Toss with spaghetti and top with parsley.

**EAT
BETTER**



DINNER TONIGHT
Make poached halibut with kiwi salsa in just 20 minutes.

says dietitian Kate Geagan, R.D., author of *Go Green, Get Lean*. Five ounces provide 30 grams of protein and 833 milligrams of omega-3s—nearly three times as much as cod and tilapia. Check your grocer’s freezer for fillets, which are flash frozen to preserve the fish’s texture and flavor.

BARRAMUNDI IN SAFFRON BROTH → Cook four fillets in a pan with 1 tablespoon oil over medium heat, 2 minutes per side. Remove fish. Add 1½ cups chicken broth and ½ teaspoon saffron to pan. Simmer, add fish, and cook 2 minutes. Divide broth and fish into four bowls. Top with dill.

CANNED SARDINES

Don’t dismiss sardines: They’re packed with omega-3s—containing eight times more than canned light tuna—and vitamin D. “Vitamin D is key for a runner’s immune system,” says Geagan. “It helps reduce the chance of coming down with a bug during training.” The edible (and barely noticeable) bones in sardines are rich in calcium. The Monterey Bay Aquarium’s Seafood Watch named sardines a “Super Green” choice for their low contamination and abundant populations.

SARDINE PIZZA → Divide 1 cup tomato sauce, two cans drained sardines, 1 sliced red onion, and ½ cup roasted red pepper

between two naan. Bake for 10 minutes at 425°F. Top each with ½ cup Swiss cheese and 1 cup arugula. Cook until cheese melts.

MUSSELS

This tender shellfish brims with selenium and vitamin B₁₂—one serving provides more than three times the daily quota. “Vitamin B₁₂ is crucial for energy metabolism and the formation of red blood cells,” says Geagan. Mussels are also a good source of omega fats, iron (which helps energize muscles by increasing oxygen delivery), and protein, containing 20 grams in just three ounces. Plus, they’re inexpensive, tasty, and easy to prepare.

COCONUT LIME MUSSELS → Rinse 2 pounds mussels. Boil 1 can light coconut milk, juice from two limes, ½ cup cilantro, and ½ teaspoon red pepper flakes. Add mussels, cover, and simmer until opened (three minutes). Toss any that stay shut. Serve coconut liquid as a dipping sauce.

PACIFIC HALIBUT

Halibut has a mild flavor and meaty texture that will appeal to even fussy seafood eaters. It’s virtually free of saturated fat and provides protein, omega-3s, selenium, potassium, and vitamin B₆. “Vitamin B₆ is necessary for protein metabolism and proper nervous and immune system func-

tioning,” says Kimball. Halibut from Alaska, Washington, and Oregon fisheries are the most sustainable. Avoid Atlantic halibut, which has been overfished, reducing populations to extremely low levels.

HALIBUT WITH KIWI SALSA → Boil 3½ cups chicken broth, juice from two lemons, 1 tablespoon peppercorns, and four sprigs thyme. Turn off heat, add four fillets, cover, and let stand 10 minutes. Top fish with salsa made with two diced kiwi, one diced jalapeno, lime juice, and cilantro.

SABLEFISH

Also called black cod, sablefish is sweet with pearly-white meat. Three ounces provide a good dose of selenium and 1,400 milligrams of omega-3s—about 30 percent more than wild salmon. A recent study in the *British Journal of Nutrition* found high intake of fish omegas improve how efficiently muscles use oxygen, which may delay muscle fatigue. Look for wild-caught sablefish from Alaska and British Columbia that’s certified sustainable by the Marine Stewardship Council.

SABLEFISH WITH POMEGRANATE → Boil 1 cup pomegranate juice with 1 tablespoon each brown sugar and balsamic vinegar. Lower heat and simmer until syrup forms (12 minutes). Broil four fillets for 10 minutes, then brush with syrup.

⚠ Proceed with Caution ⚠

Consider tossing these fish overboard for healthier catches.

Atlantic Cod

Years of heavy fishing have led to a widespread decline in population.

BETTER CHOICE
→ U.S. Pacific cod

Bluefin Tuna

Often called toro in sushi, it has high levels of mercury and is overfished.

BETTER CHOICE
→ Pole-and-line caught albacore or yellowfin tuna

Chilean Sea Bass

The slow-growing bass has been overfished, often using environmentally destructive methods.

BETTER CHOICE
→ Sablefish and farmed or wild striped bass

Farmed Salmon

Usually labeled “Atlantic salmon,” it’s often raised in floating cages open to coastal waters, so fish

and pollution can escape. They’re higher in PCBs than most wild salmon.

BETTER CHOICE
→ Wild Alaskan salmon and farmed rainbow trout

Imported Shrimp

Mangrove forests are destroyed to build farms, which rely on antibiotics.

BETTER CHOICE
→ U.S. and Canadian farmed or wild shrimp

FOOD STYLIST: MEGHAN SCHLOW; PROP STYLIST: MARINA MALCHIN

→ 48% OF RUNNERSWORLD.COM POLL RESPONDENTS SAID THEY EAT SEAFOOD ONLY OCCASIONALLY AND MOSTLY AT RESTAURANTS.