Food Restriction in Running Questionnaire

The purpose of this project is to learn about foods that endurance runners eat before they train or race, and if there are specific foods that they avoid. Gathered data will provide the sport science community with a better understanding of the most desirable pre-exercise nutrition message for these athletes. Furthermore, this research will determine the athletes’ current attitudes toward food intolerances and training. The information obtained from these questionnaires will be kept strictly CONFIDENTIAL. Only members of the research team will have access to the answers. All data from the survey and documents are considered the property of the researcher. Any material written and/or published will be used in such a way as to not identify you. Your honesty and accuracy with this survey is greatly appreciated.

Please ensure that you have signed a consent form prior to completing this questionnaire. Please keep your copy of the consent form with your number in the event you wish to withdraw your information. Thank you.

Date:______________  Age:_____   Date of Birth:______________ (yyyy/month/day)   Gender: M / F

1. What is the “performance” level that you usually compete in? Please check:
   - International/National
   - Provincial
   - Recreational (place top ½ of age group)
   - Recreational (place lower ½ of age group)
   - Do not compete

2. On average, how many hours do you run each week? Please check:
   - 0 – 5 Hours
   - 10 – 15 Hours
   - 20 – 25 Hours
   - 5 – 10 Hours
   - 15 – 20 Hours
   - More Than 25 Hours

3. How many years have you included running as part of your training or exercise routine? Please check:
   - 0 – 3 years
   - 3 – 5 years
   - 5 – 7 years
   - greater than 7 years

4. What run distance do you compete in most often? Please choose one:
   - 5 km
   - 6 - 10 km
   - 11 - 20 km
   - ½ marathon (21 km)
   - 22 – 41 km
   - marathon (42 km)
   - Ultra-Distance (> 42 km)
   - I don’t compete in running races

5. a) Have you ever been diagnosed with any of the following? Please check all that apply:
   - Celiac disease
   - Inflammatory Bowel Disease (Crohn’s disease or Ulcerative Colitis)
   - Irritable Bowel Syndrome
   - Heart burn/Reflux
   - Hiatus Hernia
   - Intestinal Parasites
   - Other medical condition that restricts your diet? Describe: ____________________________________
   - No Diagnosis for the above (proceed to Question #6)

b) Who made this “diagnosis” as identified in Question #5a? Please check:
   - Physician
   - Naturopath
   - Dietitian
   - Holistic Nutritionist
   - Chiropractor
   - Allergist
   - Self-Diagnosed
   - Osteopath
   - Other, Please List ____________________________________________________________
6. a) Are you allergic to any of the following foods? Please check all that apply:

- Tree nuts
- Sesame
- Milk
- Soy
- Sulfites
- Whey
- Egg Whites
- Peanuts
- Fish/Seafood
- Wheat
- Gluten
- Mustard
- Casein
- Eggs
- MSG
- Other food allergies, please list: ____________________________

No food allergies (proceed to Question #7)

b) Who diagnosed your food allergy as identified in Question #6a above? Please check:

- Physician
- Naturopath
- Dietitian
- Holistic Nutritionist
- Chiropractor
- Allergist
- Self-Diagnosed
- Osteopath
- Other, Please List ____________________________

c) What test was used to diagnose your food allergy as identified in Question #6b above? Please check:

- Unaware
- Skin prick test
- Blood test
- Urine test
- Feces test
- Hair test
- Saliva test
- Biopsy
- Other, Please List ____________________________

d) If a blood test was used to diagnose your food allergy, what type of test was performed?

- Unaware
- IgG
- IgE
- Other, please list ____________________________

7. Do you have any food intolerances (foods that result in negative symptoms other than an allergy) not related specifically to running? Please check all that apply:

- Gluten free grain/cereal (e.g. rice, quinoa, pasta)
- Legumes (e.g. lentils, chick peas, beans)
- Soy milk
- Grain (e.g. granola bar, bread, pasta, bagel)
- Meat
- Almond milk
- Starchy vegetable (e.g. potato, sweet potato)
- Poultry
- Coconut milk
- Breakfast cereal, cold
- Fish/Seafood
- Juice
- Hot cereal, (eg. oatmeal, Cream of Wheat)
- Nuts, nut butter
- Coffee or tea
- Yogurt
- Eggs
- Energy drink
- Cheese
- Milk
- Sport drink
- Fruit
- Lactose-free milk
- Sport Bar or Gel
- Vegetables
- Other, please list: ____________________________

No food intolerances
8. **a) When TRAINING are there any foods/fluids that you purposely AVOID in your pre-run MEAL or SNACK (0-4 hours before running TRAINING)? Please check all that apply.**

| Foods/Fluids                        | Options                                      |
|-------------------------------------|----------------------------------------------|
| Gluten free grain/cereal (e.g. rice, quinoa, pasta) | Legumes (e.g. lentils, chick peas, beans)    |
| Grain (e.g. granola bar, bread, pasta, bagels) | Meat                                         |
| Starchy vegetable (e.g. potato, sweet potato) | Poultry                                      |
| Breakfast cereal, cold              | Fish/Seafood                                 |
| Hot cereal, eg. oatmeal, Cream of Wheat | Nuts, nut butter                             |
| Milk products (milk, cheese, yogurt) | Eggs                                         |
| Lactose-free milk                   | Fruit                                        |
| Almond milk                         | Vegetables                                   |
| Coconut milk                        | High fibre foods in general                  |
| Soy milk                            |                                              |

Other, please list: __________________________________________________________

I don’t avoid any foods (proceed to Question #9)

**b) When TRAINING what is/are your reason(s) for avoiding specific foods/fluids before running TRAINING? Check all that apply.**

| Reasons                                      |
|----------------------------------------------|
| Routine                                      |
| Superstition                                 |
| Previous bad experience                      |
| Personal preference                          |
| Received advice from someone                |
| Other, please explain                        |

**c) When TRAINING what symptoms might you experience during a TRAINING run if you had consumed a food/fluid that you typically avoid (as identified above) before training? Please check all that apply.**

| Symptoms                                      |
|-----------------------------------------------|
| stomach pain/cramps                          |
| nausea/vomiting                               |
| intestinal issues (pain, discomfort)          |
| reflux / heartburn                            |
| no symptoms                                   |
| feeling of fullness or heaviness              |
| diarrhea                                      |
| bleeding                                      |
| urge to defecate                              |
| gas                                           |
| burping/belching                              |
| bleeding                                      |
| side ache/stitch                              |
| bloatant                                      |
| urge to defecate                              |
| gas                                           |

Other, please list: __________________________________________________________

9. **When TRAINING please describe what you would typically choose to eat and/or drink (including any supplements or special products) within the 4 hours before a TRAINING run:**

____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
10. When RACING are there any types of food/fluid that you AVOID in your pre-race MEAL or SNACK (0-4 hours before running RACES/COMPETITIONS?)

a) Please check all that apply.

- Gluten free grain/cereal (e.g. rice, quinoa, pasta)
- Grain (e.g. granola bar, bread, pasta, bagel)
- Starchy vegetable (e.g. potato, sweet potato)
- Breakfast cereal, cold
- Hot cereal, (e.g. oatmeal, Cream of Wheat)
- Milk products (milk, cheese, yogurt)
- Lactose-free milk
- Almond milk
- Coconut milk
- Soy milk
- Legumes (e.g. lentils, chick peas, beans)
- Meat
- Poultry
- Fish/Seafood
- Nuts, nut butter
- Eggs
- Fruit
- Sport Bar or Gel
- Sport drink
- Juice
- Fruit/vegetable smoothie
- Coffee or tea
- Energy drink
- Chocolate
- High fibre foods in general

Other, please list: ________________________________________________________________

I don’t avoid any foods (proceed to Question #11)

b) What is/are your reason(s) for avoiding specific foods/fluids before a running RACE/COMPETITION? Check all that apply.

- Routine
- Previous bad experience
- Personal preference
- Received advice from someone
- Superstition
- Other, please explain ______________________________________________

11. When RACING Please describe what you would typically choose to eat and/or drink (including any supplements or special products) within the 4 hours before running RACES/COMPETITIONS:

________________________________________

__________________________________________

__________________________________________
12. **Where do you receive information about nutrition for running?** Rank up to your top 5 choices, “1” as most often and “5” as least often.

| __ Internet (Blogs, Websites) __ | __ Pharmacist __ | __ Magazines __ |
| __ Social Media (Instagram, Twitter, Facebook) __ | __ Strength Trainer __ | __ Teammates __ |
| __ Naturopath/Chiropractor/Osteopath __ | __ Exercise Physiologist __ | __ Family / Friends __ |
| __ Coach __ | __ Physiotherapist/Athletic Therapist __ | __ Medical Physician __ |
| __ Dietitian __ | __ Holistic nutritionist __ | __ Health Food Store __ |
| __ I don’t receive any information __ | __ Other athletes __ | |
| __ Other, please list ______________________ | | |

13. **Have you ever attended a workshop(s) on nutrition for running?**

- Yes
- No

14. **How important is it to you to receive information about nutrition for running?**

| Very Important | Somewhat Important | Not Important |
| 1 | 2 | 3 | 4 | 5 |

15. **If you were to receive information about nutrition for running, how would you prefer to receive it?** Please rank UP TO 3 responses with “1” as your “FIRST CHOICE”:

- Group presentations/workshops
- Written material (hard copy, paper, magazine, book)
- Individual consultation
- Blogs or websites
- Social media (Instagram, Twitter, Facebook)
- Electronic newsletters
- Other. Please List: __________________________________________
- I do not want to receive information about nutrition for running

Thank you for taking the time to complete our questionnaire.