

## 9 Fuels And Foods For The Gluten-Free Runner



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After my ulcerative colitis diagnosis, the mission became: What are the right foods for me? With so many options popping up for sensitive diets these days, the transition from gluten-packed to gluten-free can be relatively seamless for runners catering to their stomach's guidelines. I've collected my favorite go-to snacks and fuels for those people looking to satisfy their feisty insides—one of which I used during my first marathon! (Also, check out our resident elite runner-blogger Stephanie Bruce's latest [entry](#) on navigating the gut of a celiac.)

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Pretzel Crisps Minis Gluten-Free, \$3-\$4.50

For pretzel lovers who can't afford the non-GF aftermath, this crispy version doesn't butcher the taste at all. You wouldn't even know they are gluten-free if it didn't say it on the package. They are great for mid-day snacking.

[pretzelcrisps.com](http://pretzelcrisps.com)