

## **Abstract**

The food and macronutrient intake of elite Kenyan runners was compared to recommendations for endurance athletes. Estimated energy intake (EI:  $2987 \pm 293$  kcal; mean  $\pm$  standard deviation) was lower than energy expenditure (EE:  $3605 \pm 119$  kcal;  $P < 0.001$ ) and body mass (BM:  $58.9 \pm 2.7$  kg vs.  $58.3 \pm 2.6$  kg;  $P < 0.001$ ) was reduced over the 7-d intense training period. Diet was high in carbohydrate (76.5%, 10.4 g/kg BM per day) and low in fat (13.4%). Protein intake (10.1%; 1.3 g/kg BM per day) matched recommendations for protein intake. Fluid intake was modest and mainly in the form of water ( $1113 \pm 269$  mL;  $0.34 \pm 0.16$  mL/kcal) and tea ( $1243 \pm 348$  mL). Although the diet met most recommendations for endurance athletes for macronutrient intake, it remains to be determined if modifying energy balance and fluid intake will enhance the performance of elite Kenyan runners.