



As title sponsor of the Loch Ness Marathon, Baxters understands the importance of maintaining a healthy balanced diet to get the most from your training sessions.

It's a new year and time to start your work-out regime after the party season. With nine months to go until the 2012 Baxters Loch Ness Marathon there's plenty of time to plan your training for the big event!

Soup is a fantastic meal choice when training – especially in the winter months. It's healthy, light and won't leave you feeling too full.

Baxters Stay Full soups are the perfect light meal for training nights. Designed to satisfy hunger for longer, the range delivers a minimum of 2 of your 5 a day, is low in fat and has less than 300 calories per can. There are five varieties available including Tomato, Chorizo and Mixed Bean and Spiced Butternut Squash and Edamame Bean.

This month Baxters has launched the Stay Full Challenge which is a meal plan created by the Baxters' nutritionist, offering daily meal options, comprising one can of Stay Full soup for either lunch or dinner, a healthy lunch or evening meal, plus a slow energy release breakfast and a selection of healthy snacks.

The menu suggestions are packed full of everything you need to maintain a healthy balanced diet including lots of protein, balanced carbohydrates, fruits, vegetables and fibre.

To try the Stay Full Challenge log onto www.Baxters.com

It is important to note that this is general advice and that training diets vary from runner to runner.