

## The Inside Scoop On Eating Healthy in NYC

By Bethany Mavis Published 23 hours ago



Traveling to New York for the race this weekend, but not sure where to find a nutritious pre-race meal? Local triathlete (and foodie) Elana Iacofano, who races for tri team Full Throttle, gave us the inside scoop on where to find the best nutritious meals in town. Check out her and her brother's blog, John and Elana Talk About Food ([johnandelana.com](http://johnandelana.com)), or their cookbook, Top Your Pizza.

**Josie's** (300 Amsterdam Ave. at 74th Street, [josiesnyc.com](http://josiesnyc.com))

"Josie's has a focus on earth-friendly, organic and free-range foods. They have some great vegetarian and even vegan options. Plus they use grains like quinoa, which are packed with protein. It does tend to get crowded, so reservations are smart. But I've walked in and been seated without a problem."

**Brickyard** (785 9th Ave., [brickyardnyc.com](http://brickyardnyc.com))

"Brickyard is a mid-town gastropub that makes it a point to change their menu seasonally. Their sandwiches offer a great opportunity for carbo-loading, featuring hearty multigrain breads. If you don't want to go down the club sandwich road, you can select some of their entrees that feature organic chicken, pan-seared salmon and lentils. Plus, their extensive beer list offers the opportunity to take in some liquid carbs (and take the edge off those pre-race nerves). No reservations are required. The vibe up front is a bar scene, but there's a more relaxed dining room in the back."

**Peacefood Café** (460 Amsterdam Ave. at 82nd Street, [peacefoodcafe.com](http://peacefoodcafe.com))

"Peacefood Cafe is a vegan eatery that tries to source local ingredients whenever possible. My favorites are the pizzas (they also offer a gluten-free version). It's so nutritious, you won't feel badly about picking up one of the Grasshopper Cookie Sandwiches."

**Telepan** (72 West 69th Street, [telepan-ny.com](http://telepan-ny.com))

"Named after Chef Bill Telepan, the restaurant focuses on fresh, local and seasonal ingredients. They have excellent seafood selections—the Lobster Bolognese is a standout selection. Telepan is a more upscale restaurant, so reservations are recommended. Definitely worth the visit."

**Rouge Tomate** (10 East 60th Street, right on the east side of Central Park, [rougetomatenyc.com](http://rougetomatenyc.com))

"Another upscale option, this Michelin-rated restaurant uses only local, seasonal and sustainable ingredients. Rouge Tomate even has a culinary nutritionist on staff. Their nutritional approach is based on a charter called SPE, which stands for 'Sanitas Per Escam' (Health Through Food), and was developed through the collaboration of chefs and dietitians working together. If you're not into the whole restaurant experience, **Rouge Tomate has a food cart** that maintains a presence at 64th and 5th Ave where you can grab a locavore lunch to go. My personal favorite is the BLT with avocado. And if they're mixing up the strawberry-basil lemonade—even better."