

FEEDING VEGETARIAN ATHLETES

NUTRIENTS TO WATCH OUT FOR ON A
PLANT-BASED DIET



1 VITAMINS



Vitamin B12 helps with the formation of red blood cells and vitamin D helps with calcium absorption. Both vitamins are most commonly found in animal products like meat, eggs, and dairy. Vegan athletes may have to go out of their way to obtain vitamin B12 in foods like tempeh, fortified cereals, and some soy products. Vitamin D can also be found in fortified cereals as well as supplements and sunshine.

PROTEIN 2

One of the main concerns about competing on a plant-based diet is a lack of protein, but animal products are far from the only way to get protein into your diet. Beans, peas, and nuts are all great ways to get your recommended daily amount of protein.



Calcium, iron and zinc are all minerals that may be difficult for vegetarian athletes to consume in their diet. Legumes, nuts, beans, and seeds can all be easy ways to consume iron, zinc, and calcium without worrying about supplements.



It is better to choose protein containing foods over protein powders because they provide more nutrients.



3 MINERALS

MEETING ENERGY NEEDS

The high-fiber diets that are often seen with vegetarian or vegan individuals are low in caloric density. This can make it difficult for these athletes to meet the necessary energy requirements for their sport. This means it is vital that vegetarian and vegan athletes ensure they are meeting the recommended caloric intakes for their age and sport.

