

# VEGETARIAN & VEGAN EATING



## BENEFITS



Reduced risk for chronic diseases

(demonstrated in non-athletic populations)



May be advantageous for fueling

(high carbohydrate content)



Rich in antioxidants & phytochemicals



Slight serum alkalinity



## PRECAUTIONS

### Energy & Macronutrients

1.

Ensure adequate planning to meet energy needs

2.

Select energy-dense foods such as whole grains & quinoa

3.

Eat a variety of protein-containing foods (beans, peas, lentils, soy products, nuts, dairy products, and most soy/plant-based "milks")

4.

Ensure adequate intake of plant-based sources of omega-3 fatty acids (walnuts, flax, chia, camelina, hemp seeds & oils)

5.

Decrease omega-6-rich oils (e.g., nuts, soy bean oil sunflower, safflower)

## MICRONUTRIENTS

Achieve adequate iron (especially in endurance athletes), zinc, calcium, and vitamin B12 status by selecting foods rich in these micronutrients is essential



Iron

Beans, peas, lentils, edamame, nuts, seeds, many grain products, fortified bread & breakfast cereals



Zinc

Beans, peas, lentils, edamame, nuts & seeds



Calcium

Chinese cabbages, kale, texturized vegetable proteins, dairy products & calcium-set tofu



Vitamin D

Fatty fish, vitamin D fortified cereals, margarine & plant-based "milks"



Iodine

Iodized salt, seaweed, dairy products & eggs



Vitamin B12

Nutritional yeast, soymilk and plant-based "milks," fortified meat analogs & Shiitake mushrooms

**WORLD  
ACADEMY**

FOR ENDURANCE MEDICINE