

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