

Athlete's Plate for a Vegan Diet

What is a vegan diet?

- No animal sourced foods
- No meat, poultry, fish, eggs, honey, or dairy products

What are some good protein sources for vegans?

- Nuts and nut butters
- Tofu and tempeh
- Soy products
- Beans and legumes

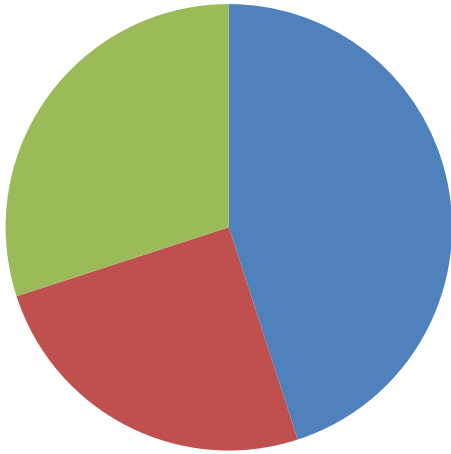


Is a vegan diet nutritionally adequate?

- Low in vitamin B-12
- Vegans need to eat B-12 fortified foods(for example cereals or plant milks) OR use a supplement
- Need to include beans & leafy greens for iron & calcium
- Calcium fortified cereals and juices are another option



**Athlete's Plate Training -
Moderate Volume/Intensity**



Green = Grains or Starch
Blue = Fruits and Vegetables
Red = Protein

Sample Menu:

Peanut Butter Sandwich (grains
and protein)

Vegetarian Vegetable Soup
w/crackers

Raw veggies

Apple

Soy Milk

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