

Athlete's Plates for Vegetarian Diets

Why do people choose vegetarian diets?

- Plant based diets have been associated with better health outcomes
- Ethical considerations – animal rights and/or welfare
- Sustainability considerations
- Religious considerations
- preference

What are the different types of vegetarian diets?

- Lacto-ovo vegetarians use dairy products (milk, cheeses, yogurt) and eggs
- Flexitarians are primarily vegetarian but occasionally eat fish or meat
- Pescatarians are lacto-ovo vegetarians who also eat fish

What are vegetarian sources of protein?

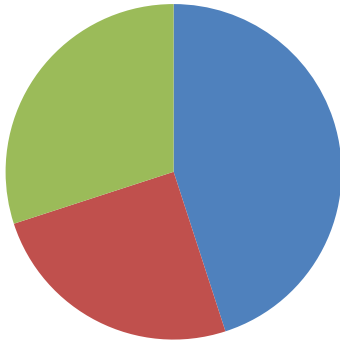
- Dairy and cheese
- Eggs
- Nuts and nut butters
- Tofu and tempeh
- Soy products
- Beans and legumes



Are vegetarian diets nutritionally adequate?

- Few nutrition risks for lacto-ovo vegetarians
- Need to include beans and dark green leafy vegetables to get enough iron
- May need planning to get enough calories

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



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

Sample Menu:

Grilled Cheese Sandwich (grains and protein)

Vegetarian Vegetable Soup
w/crackers

Raw veggies

Apple

Milk