

VEGETABLES

FRUITS

BEANS & LEGUMES

GRAINS & PASTA

NUTS & SEEDS

Inside a **VEGETARIAN** Diet For Athletes

What It Is & What It Means For Your Performance

It's pretty obvious, but being a vegetarian means eliminating meat from your diet. So, is it the right choice for you as an athlete? Let's take a closer look.

What's Good:

- Your diet is typically fiber rich, with lots of fruits & vegetables
- You usually don't eat as much saturated fat

Watch Out For:

- No meat means you must be strategic about your protein intake to get the amino acids your body needs for recovery after training
- It could be difficult to get certain vitamins and minerals that are found only in meat proteins

If You Do:

- Work hard on getting that high-quality protein into every meal, like eggs, cheese, beans and grain
- Complete protein is super important for muscle recovery — food with whey or soy, like Greek yogurt, Gatorade Recover® Whey Protein Bars and tofu, are ideal

Flip this over for the ideal in-season Athlete Diet.

