*Vegetarians and sports*

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***Proven benefits:***

People following vegetarian diets typically have lower BMIs with an average difference of 1kg/m2.

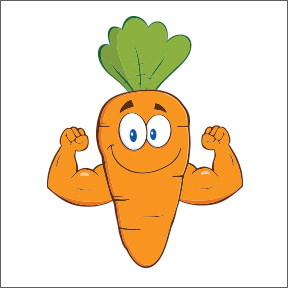
Cardiovascular disease protection – reduced cholesterol levels and blood pressure, as well as reduced death rates of ischaemic heart disease, stroke and type 2 diabetes.

Lower incidence of diverticular disease.

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***Proven effects with respect to exercise:***

Vegetarian diets tend to contain relatively large amounts of cereals, pulses, nuts, fruits and vegetables. They are, on average, higher in nutrient-rich carbohydrates, unsaturated fats, fibre and Magnesium and vitamins C and E, as well as certain phytochemicals that can encourage improved muscle refuelling and be beneficial during periods of strenuous training.



*With regard to protein, most vegetarian diets meet daily protein requirements, even in the raised required ranges recommended for individuals competing in high-level sports. Protein sources can include beans, nuts, tofu and wholegrains as well as meat substitutes.*

***The Vegetarian Athlete Diet***

### *The Plant-Based Athlete Diet*

*A vegetarian diet for endurance athletes is really not all that different from a normal (healthy) diet, with the exception, of course, of the meat.  If you’re switching from eating McDonald’s every day, then sure, it’s going to take some getting used to.  But if you eat lots of nutritious, whole foods as it is, there really aren’t all that many adjustments you need to make to go vegetarian.*

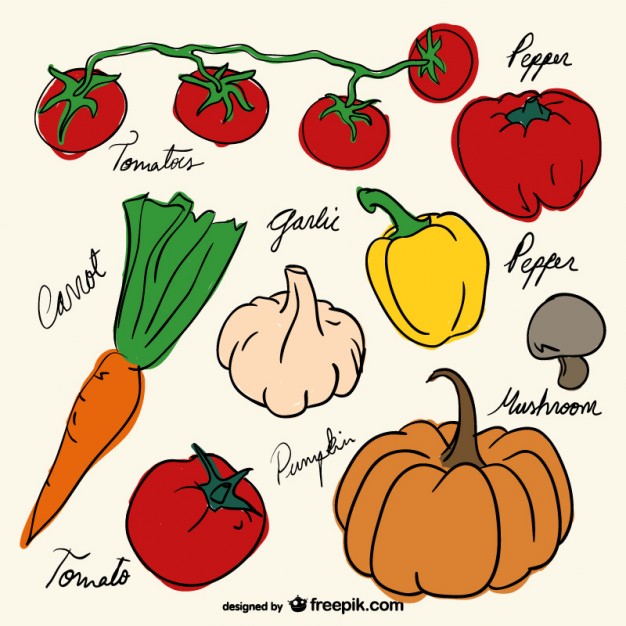
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### *But Where Do You Get Your Protein?*

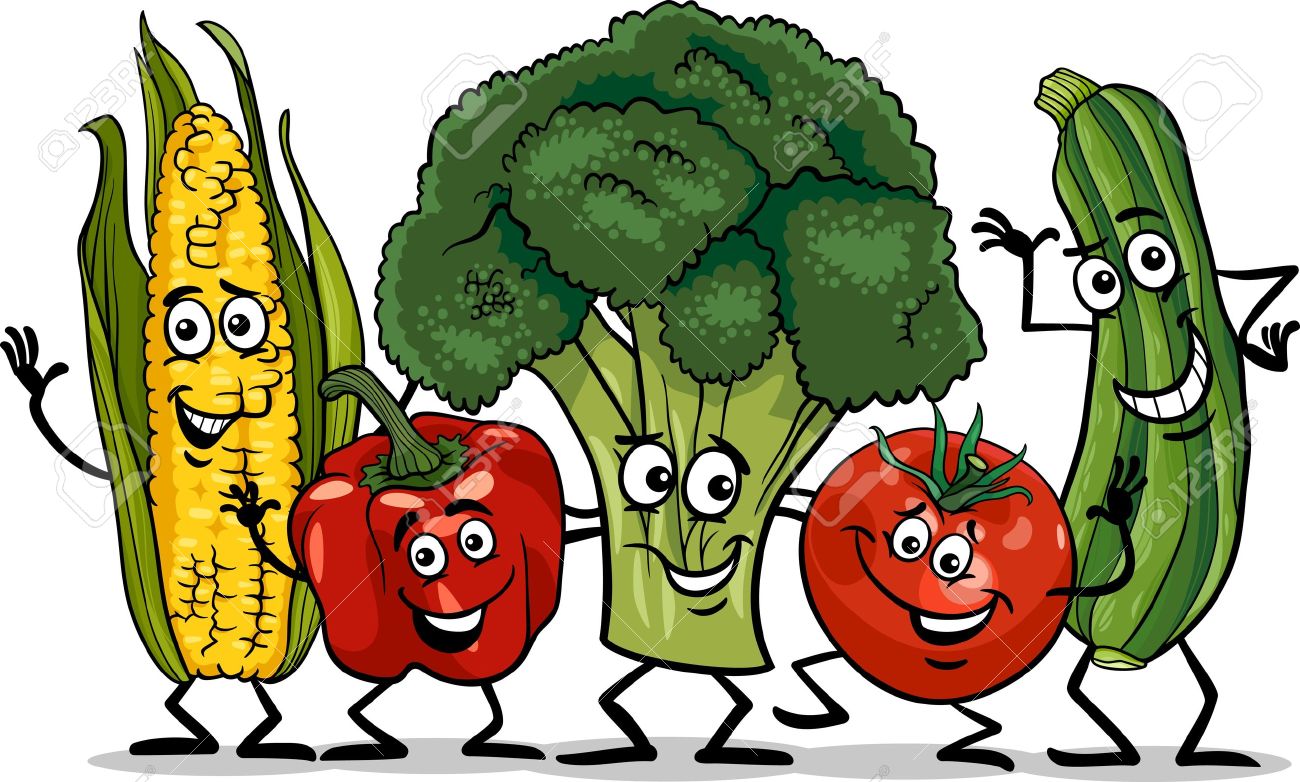
*The answer is that protein is in all kinds of foods besides meat, but generally in lower quantities. It takes some effort to make sure you get some protein in every meal, but it’s not that hard.*

*While it is possible to eat* a [*high-protein vegetarian die*t](https://www.nomeatathlete.com/vegetarian-protein/)*, if your goal is to get the amount of protein recommended by many traditional diets for athletes, though, you’ll have a tough time doing it.*

*Having heard that many endurance athletes thrive on diets with lower amounts of protein than is traditionally recommended, I took a chance on it, and I’ve never felt better than I do now.  I’ll never go back to those crazy 1-gram-of-protein-per-pound-of-body-weight rules again.*

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***That would be either your challenge, your experience..Try!***

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