

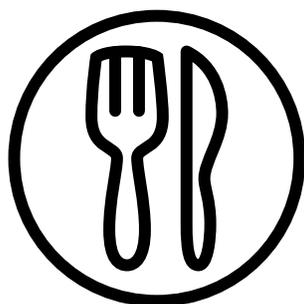


Running on Plants: Sports Nutrition for Vegan Runners

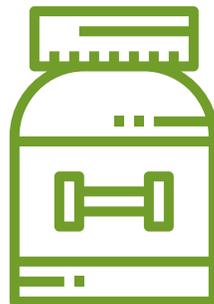
GENERAL SPORTS NUTRITION TIPS FOR VEGAN RUNNERS



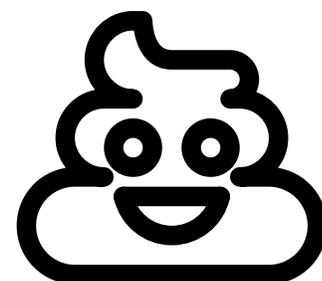
Eat up! Your daily calorie needs are higher than the general population.^{2,3,4,6}



Aim for at least 3 meals & 2 snacks to meet your daily calorie needs.^{2,3,4}

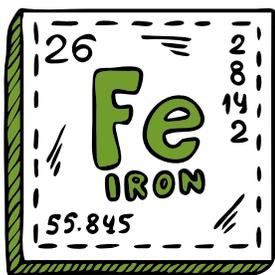


Aim for at least 15 g of plant protein at snacks & at least 30 g at meals.^{2,3,4}



Avoid high fiber meals & snacks before runs or you may experience GI distress.^{2,3,4}

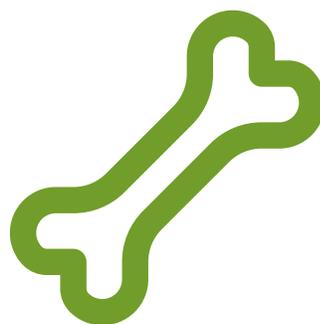
NUTRIENTS OF INTEREST & SOURCES FOR VEGAN RUNNERS



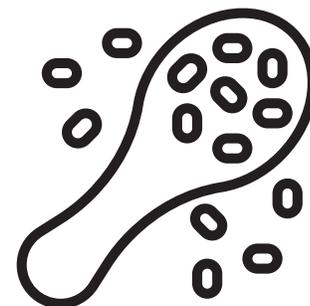
Iron.
Eat: oatmeal, quinoa, beans, lentils, tofu, swiss chard, raisins, nuts, seeds, molasses.^{3,5,6}



Vitamin B-12.
Eat: fortified foods, like nutritional yeast & fortified plant milk. A supplement is a MUST.^{3,5,6}

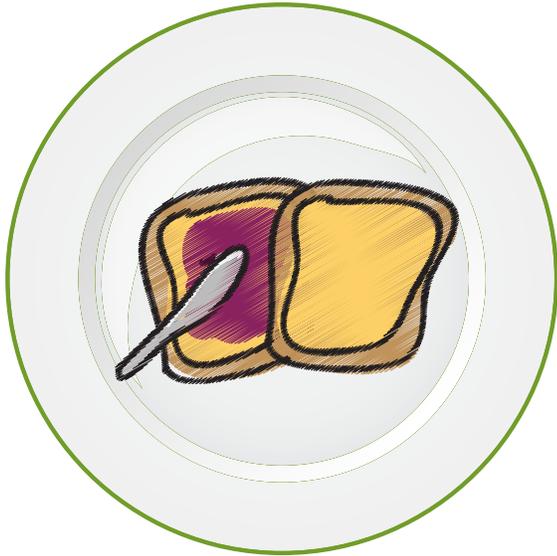


Calcium + Vitamin D
Eat: leafy greens (i.e. kale), kidney beans, tofu, almond/plant milks, fortified cereals, & sunlight (vit. D).^{3,5,6}

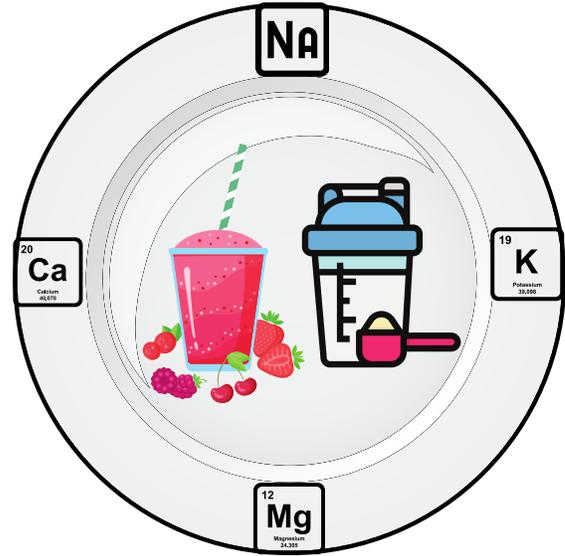


Omega-3s (EPA + DHA)
Eat: walnuts, flax seeds, chia seeds, hemp seeds, or consider a microalgae based supplement.^{3,5,6}

PRE- & POST RUN VEGAN NUTRITION



Pre-Run: eat something high in carbohydrate and moderate to low in fat + protein. Make sure it is low in fiber. If you're running in an hour or less have a snack, if you have 3+ hours have^{2,3} a meal.



Post-run: eat something high carbohydrate and protein (at least 15 grams) as soon as possible after running. If you sweat a lot, replenish your electrolytes with a drink such as Nuun.^{2,3}

PRE- & POST RUN SNACK/MEAL IDEAS

- Studies have show greater adherence to a vegan eating pattern when support is given, especially with snack/meal ideas!¹
- Pre-run ideas: peanut butter & jelly sandwich/toast, oatmeal with nut butter, plain cereal, homemade muffin, or a low fiber granola bar and optional coffee (may help you have a bowel movement pre-run).²
- Post-run ideas: fruit smoothie made with vegan protein power, recovery shake (i.e. Tailwind Rebuild), a protein bar (i.e. a Picky bar), tofu scramble with veggies and potatoes, vegan protein pancakes topped with nut butter, and an electrolyte drink, such as Nuun.²



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 [Fueling Veggie Athletes](https://www.facebook.com/FuelingVeggieAthletes)

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1. AND EAL: Therapeutic Vegetarian Diets & Attrition

2. Nancy Clark's Sports Nutrition Guidebook

3. Plant-Based Sports Nutrition.

4. AND position paper: Nutrition & Sports Performance

5. AND position paper: Vegetarian Diets

6. Vegan diets: Practical Advice for Athletes & Exercisers