



PLANT POWER!

Athletes need the right nutrition to keep their bodies energized, performing their best and injury-free. Some athletes may choose to limit animal foods, creating potential nutrient gaps. Learn how to make the most of plant-forward, flexible eating patterns.

DIETS DECODED

Here's a quick overview of the different types of plant-forward/ plant-based diets:

PLANT-FORWARD OR FLEXITARIAN

Eat red meat, poultry and fish sparingly. Dairy and eggs are included regularly. No food is excluded.



LACTO-OVO VEGETARIAN

Eat eggs and dairy, but no poultry, fish or red meat.



LACTO-VEGETARIAN

Eat dairy, but no eggs, poultry, fish or red meat.



OVO-VEGETARIAN

Eat eggs, but no dairy, poultry, fish or red meat.



PESCATARIAN

Eat dairy, fish and eggs but no poultry or red meat.



VEGAN

Eat no red meat, fish, poultry, dairy, eggs or other animal-derived products (e.g. honey).



IS PLANT-FORWARD EATING RIGHT FOR YOU?

Incorporating a variety of plant-based foods is great for everyone. Remember, the more you eliminate certain foods, the more you miss out on key nutrients your body needs:

IRON

Moves oxygen to working muscles. Used to make hormones.
Lean meat, seafood, poultry, some breakfast cereals, beans, nuts, cooked greens

CALCIUM

Helps with bone strength and muscle contraction.
Dairy foods, cooked greens, tofu, fortified foods

VITAMIN B12

Important for nerve function and healthy blood cells.
All animal products, and some breakfast cereals

PROTEIN

Building blocks for muscle and tissue. Key for recovery and preventing illness.
Milk, cheese, yogurt, red meat, poultry, fish, eggs, beans, tofu. Smaller amounts found in whole grains

FLEXIBLE EATING TO STAY FUELED

Athletes can meet their nutrition needs and still enjoy plant-forward eating. Here are some key points:



Focus on adding foods, not eliminating them



Look for creative ways to add color to every meal



Plan ahead so plant foods are easy to grab and eat

SAMPLE DAY



Breakfast	Steel-cut oats made with milk, apples, almonds and cinnamon
Snack	Tuna, cucumber and cream cheese with crackers
Lunch	Whole grain wrap with hummus, vegetables and cheese
Snack	Trail mix
Dinner	Soup, whole grain bread, side salad and a glass of milk
Snack	Frozen yogurt with berries



For more information on how to fuel your everyday greatness, scan the QR code or visit: Greatness.Unbottled.com