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These professional athletes appear in ECP’s “Plant-Forward and Powerful” Education Package. Look for their contributions throughout this guide for real-life advice from the pros!

**Featured Athletes**

- **DOTSIE BAUSCH**
  Olympic Medalist (Cycling)

- **CAYETANO ALEXANDER**
  Parkour Athlete & Ninja Warrior

- **BRIAN REYNOLDS**
  Marathon Record Holder

- **ELLA MAGERS**
  Muay Thai Practitioner

- **GIACOMO MARCHESE**
  Champion Powerlifter

- **KORIN SUTTON**
  Professional Bodybuilder
A healthful plant-based diet emphasizes the consumption of only healthy plant foods, such as whole grains, fruits, vegetables, nuts, legumes, and healthy oils, while reducing the intake of less healthy plant foods as well as animal foods.

People who followed a healthy plant-based diet had the lowest risk for heart disease, were more active, and leaner.

But what does an unhealthy plant-based diet look like?

- fruit juices
- refined grains (pasta, white rice, and processed breads and cereals)
- potatoes (French fries and potato chips)
- sugar-sweetened beverages

“Eating plants improved really almost everything for me as an athlete. They improved my repair time in between workouts and also sped up my recovery time overnight, and plants, oh man, they greatly enhanced my output and my strength.”

DOTSIE BAUSCH | OLYMPIC CYCLIST
Use healthy oils (like olive & canola oil) for cooking and on salad.

Drink water or tea with little or no sugar.

Supplements can make getting your daily nutrients easier.

Plant-forward diets can benefit from supplementing vitamin D, vitamin B12, iodine, selenium, calcium and iron.

Fortified food choices can also help you reach your daily nutrient targets.


WHAT DO WE NEED TO BE FIT?

Fruits and Vegetables
Lean Proteins
Healthy Fats
Whole Grains
Fluids; Water

GET IN 5 SERVINGS OF A VARIETY OF FRUITS AND VEGETABLES EVERY DAY

What’s a serving? Check it out.

CHOOSE WHOLE GRAINS OVER REFINED WHEN POSSIBLE

OPT FOR FORTIFIED PLANT MILK, YOGURTS, OR ALTERNATIVE DAIRY

EAT NUTS AND SEEDS RICH IN OMEGA-3 FATTY ACIDS, LIKE WALNUTS, EACH DAY

CHOOSE UNSATURATED/HEALTHY FATS AND OILS EACH DAY

CONSUME FORTIFIED FOODS OR SUPPLEMENTS. VITAMIN D, B12, IODINE, SELENIUM, CALCIUM, AND IRON

DRINK 6-8 CUPS OF WATER EACH DAY

Learn more about these main food categories!


Less than 10% calories per day from SUGAR

Less than 10% calories per day from Saturated Fats

Less than 1 teaspoon per day SALT

Avoid the extra sugar, salt, and saturated fats. Try a day of whole-foods instead!

MUSCLE BUILDING

“...protein from a variety of plant foods consumed throughout the day provides enough of all essential amino acids when calorie needs are met.”

CAYETANO ALEXANDER | NINJA WARRIOR

“I actually haven't found it that difficult to get high amounts of protein in my meals. You know, as long as I'm conscious about my grocery shopping, I make sure I have high protein sources in my fridge to put with my meals like tofu.”

“5 Tips for Creating a Plant Based Diet for Athletes.” CSP Online, 22 Apr. 2020, online.csp.edu/resources/blog/plant-based-diet-for-athletes/
DAILY CARBOHYDRATES

<table>
<thead>
<tr>
<th>ACTIVITY LEVEL</th>
<th>EXAMPLE OF EXERCISE</th>
<th>INCREASE OF CARBS g/kg of athlete’s body weight/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIGHT</td>
<td>LOW INTENSITY OR SKILL-BASED ACTIVITIES</td>
<td>3-5</td>
</tr>
<tr>
<td>MODERATE</td>
<td>MODERATE EXERCISE PROGRAM (ABOUT 1 HR / DAY)</td>
<td>5-7</td>
</tr>
<tr>
<td>HIGH</td>
<td>ENDURANCE PROGRAM (ABOUT 1-3 HR / DAY OF MODERATE TO HIGH INTENSITY EXERCISE.)</td>
<td>6-10</td>
</tr>
</tbody>
</table>

Get a combination of the protein and carbs in your body 1 to 4 hours pre-workout and within approximately 60 minutes post-workout.

After a workout, consuming both carbs and protein is essential. Research shows that consuming 20-30 grams of protein post-exercise enhances muscle protein synthesis. However, a low-carb, high-protein diet after working out may cause the body to use protein for energy, possibly affecting hydration levels.

DAILY PROTEIN

<table>
<thead>
<tr>
<th>GROUP</th>
<th>PROTEIN INTAKE g/kg of athlete’s body weight/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOST ADULTS</td>
<td>0.8</td>
</tr>
<tr>
<td>VEGETARIAN ENDURANCE ATHLETES</td>
<td>1.3 - 1.5</td>
</tr>
<tr>
<td>VEGETARIAN STRENGTH ATHLETES</td>
<td>1.7 - 1.8</td>
</tr>
</tbody>
</table>

**SOY**
- B Vitamins
- Magnesium
- Potassium
- High-Quality Protein

**LENTILS**
- Helps regulate blood sugar
- Good source of prebiotics

**CHICKPEAS**
- Protein
- Fiber
- Vitamin C
- Iron

**DARK LEAFY GREENS**
- Magnesium
- Calcium
- Iron
- Fiber

**WHOLE GRAINS**
- Fiber
- Selenium
- Magnesium
- Vitamin B

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Check out the Educated Choices Program’s Micronutrient Rainbow Education Package for more resources and additional nutrition information!

Visit our video library to watch now!
**BREAKFAST**

- The Best Vegan Breakfast Burrito
- Basic Overnight Oats with Protein Powder

**LUNCH**

- Vegan Burgers
- Simple Tofu Quiche

**DINNER**

- Smoky Tempeh Burrito Bowls
- Cajun-Style Red Beans and Rice

**SNACKS**

- Avocado Toast with Chipotle Bean Spread
- Classic Vegan Protein Smoothie

Find more meal inspiration alongside healthful eating and nutrition statistics and recommendations from leading health organizations with ECP’s Lunch Packing Guide.

Visit ecprogram.org/shareables
Related Offerings

**Plant-Forward and Powerful**
Active individuals rely on food to fuel their bodies. Learn how plants can give you increased energy, strength, and endurance. These material...

**Micronutrient Rainbow**
Eating healthy has never been so colorful! Explore easy ways to eat vitamins and minerals based on the color of plant foods. These...

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