

Why Are So Many Athletes Adopting a Vegan Diet?

In the world of professional sports, athletes must be in peak physical condition to compete at their highest level. These athletes spend their entire day training and conditioning their bodies to play their positions as fast and effectively as possible during games. With the increasing popularity of veganism, more professional athletes are going plant-based to assist them in meeting their performance goals.

Vegan athletes follow the same dietary guidelines as other vegans. That means they avoid using all animal products, including meat, eggs, dairy, honey, and other animal-derived ingredients, such as adding raw eggs to smoothies and supplements with gelatin, bee pollen, or omega-3 fish oil.

Athletes who have transitioned to a vegan diet have shown that it is possible to deliver the same, if not better, athletic performance than meat-eating athletes. Their vegan diet does not compromise the quality of vegan athletes' protein intake; they can also maintain or gain weight as they need to fuel their training. Athletes who have transitioned to a vegan diet often find they can practice more consistently and feel better physically knowing they don't contribute to the animal industry.

Vegan Athletes Are Healthier and Perform Better.

Vegan athletes are not only healthier, but they also perform better. Vegan diets are often high in protein and fiber, which helps with muscle recovery, digestion, and immunity. Vegetables and fruits offer a wide range of vitamins and minerals to help with energy levels and the immune system.

Vegan athletes have said they increased their performance by up to 10% because they get more protein than they would from animal sources. Athletes performing in high-intensity training and competition already significantly strain their hearts. A vegan diet naturally low in saturated fat and cholesterol decreases the risk of heart disease. And vegan athletes have lower muscle damage and inflammation rates, which can lead to faster recovery and improved performance. The American Dietetic Association has also stated that "vegans are less susceptible to becoming depressed than their meat-eating counterparts." This is due to the lower levels of cholesterol found in vegan diets and higher levels of plant-based omega-3 fatty acids.

Professional Athletes Who Follow a Vegan Diet.

Many vegan athletes, from tennis to basketball, to football, and MMA, who are looking for a competitive edge, are crediting their improved performance and fitness levels due to switching their diets to a vegan diet.

Venus Williams, one of the all-time greatest tennis players who has been competing for over two decades and has won 5 Wimbeldons, 7 Grand Slams, and 2 U.S. Opens, recently went vegan. Her decision was not just because of her love for animals but also her health. Venus adopted a vegan diet when she was diagnosed with an auto-immune disease and said the vegan diet changed her life and said it "definitely changed my life and performance on the court."

Athletes like Cade Cunningham, a 6'7 basketball player with the Detroit Pistons, said his vegan diet helped him avoid injuries and recover faster after games and practices. Kyrie Irving, a basketball player with the Brooklyn Nets, switched to a vegan diet after watching the documentary "What the Health" and noticed that he had more energy and improved mental clarity on a vegan diet. Nat Diaz, the UFC mixed martial artist, said his diet made him feel healthier and more energized and helped him lose weight. Kendrick Farris, an Olympic weightlifter and world champion, decided to go vegan after reading about vegan health benefits and how a vegan diet increased endurance and improved recovery.

And then there's football, more NFL players like Theo Riddick, running back with the Raiders, and New England Patriot's defensive tackle Lawrence Guy a two-time Super Bowl winner, have opted to go vegan because of increased energy levels, better recovery times, and fewer injuries. "You get beat up on this field every day. Your body needs nutrition more than ever to recover. What's the best way to do that? I think it's plant-based."

What Are the Experts Saying?

Don't believe the athletes that say a vegan diet is better than a meat-filled diet for their athletic performance? If you ask the Physicians Committee for Responsible Medicine, they will tell you that vegan diets are turning athletes into all-stars.

Medical Director James Loomis Jr, MD, MBA, FACLM, with the Barnard Medical Center, was the team internist for the Rams football team and the Cardinals baseball team. Dr. Loomis said, "I had the opportunity to meet some of the Tennessee Titan players through the documentary The Game-Changers. Which I'm proud to be in, and you talk to vegan athletes, and the thing they noticed the most was their ability to recover week after week after week. In fact, it's interesting that when linebacker Derrik Morgan first went plant-based, his teammates literally made fun of them. They notice he's having the best season of his career, he's not in the training room every week, he's recovering faster, and pretty soon, they're coming up to him on the sly saying, 'tell me again what you're doing?' When you talk to professional athletes, no matter what the sport, Olympic cyclists, weight lifters, professional boxers long-distance runners, every single one of them says that the performance aspect, the recovery, and the ability to show up the next day and the next day and the next day and perform at a high level and recover from that stress every day is by far the biggest change they've noticed."

The Journal of the International Society of Sports Medicine published an article, "Vegan diets: practical advice for athletes and exercisers," and confirmed, "through the strategic selection and management of food choices, and with special attention paid to the achievement of energy,

macro, and micronutrient recommendations, along with appropriate supplementation, a vegan diet can achieve the needs of most athletes satisfactorily."

Conclusion: Vegan Athletes Perform Better.

Both athletes and scientific evidence have shown the vegan diet to be the best for performance, health, energy levels, and weight loss. A vegan diet is the best option for athletes and other individuals looking to improve their performance and overall health. Vegan athletes have a competitive advantage over those who do not follow a vegan diet due to improved recovery times, increased energy levels, and reduced risk of injury.

Although some athletes might disagree with vegan athletes, there is plenty of evidence that a vegan diet can outperform animal protein in terms of muscle growth, training, energy, and performance.

If you want more information about the vegan diet, please visit detroitveganfood.com or email info@detroitveganfood.com.

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Venus Williams says switching to a vegan diet was a game-changer for her skin and health, but she still loves 'junk' food.

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