



the animals that they eat, but where do those animals get their protein from? – Plants. Therefore, where can vegans get their protein from? *Also from plants.* But they cut out the intermediate step, they get their amino acids directly from the source.

Sources of protein on a vegan diet include: vegetables, fruits, nuts, grains, peanuts, pumpkin seeds, peas, oats, tofu, tempeh, whole wheat bread and quinoa.

**Carbohydrates are paramount in all sports as a primary energy source.** Energy is important if we want

to exercise and build muscle. Carbohydrates are also important to help with the various cellular processes that go on within the body. Vegan diets provide high amounts of carbohydrates through vegetables.

**So called antioxidant nutrients are helpful in combating the damage caused by free-radicals.** As we exercise, free radicals are produced, especially in intense exercise. Fruit and vegetables are high in antioxidants and having a variety of different types and colours of fruit and vegetables gives us the best variety of antioxidants.