



when eating meat, with the change in farming practices and what the animals are given to eat, this means that even the animals often need to be given supplements of B<sub>12</sub>.

As well as providing the necessary nutrients an athlete needs on a vegan diet, it is also more beneficial in terms of an acid/alkali balance. A meat-eating diet is fairly acidic and this is not good – even more so for athletes. An acidic diet may lead to muscle wasting and an increased risk of injury.

### Conclusion

Like any way of eating that may exclude certain food items, you must make sure that you are eating a wide variety of different foods covering all macro and micro nutrients.

So to the question, ‘Do vegan diets contain enough nutrients to build muscle?’ Then I believe that the evidence shows that it is. Getting regular check-ups with your Doctor is not a bad idea. That way you can be sure that you are covering all your bases. It is always worth researching everything yourself before embarking on a new way of eating. Keeping a training diary will ensure

that your training and recovery are still on track also. If in doubt, always consult with your local Nutritional Therapist for advice on nutrient intake.

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*Lisa began her interest in nutrition when studying Sports & Exercise Science at Brighton University. A two-year course from Premier Training in Nutritional Therapy gave Lisa her qualification to practice, and offer advice and modifications to people’s diet to optimise health and well-being.*

*In today’s hectic lifestyle it is often difficult to follow the ‘perfect’ diet, and so Lisa offers clients a personalised diet and lifestyle plan to fit in with everyday life and stresses. After all – everyone is different! Consultations can be in person or via Skype. Each client receives personalised hand-outs and a programme specific to them.*

#### References:

Minich D & Bland J. Acid-alkaline balance: role in chronic disease and detoxification. *Alternative Therapies*, Jul/Aug 2007, Vol. 13, No. 4