

# VEGETARIAN NUTRITION

## TIPS FOR THE YOUNG ATHLETE



**SCOTTISH RITE**  
FOR CHILDREN  
**SPORTS MEDICINE**

While a balanced vegetarian diet can promote a healthy lifestyle, it can also pose some risks for the young athlete.

If your young athlete decides to follow a vegetarian diet, three points to consider are:

- Is the athlete choosing a vegetarian diet for healthy reasons?
- Is the athlete aware that he or she will need to eat more fruits, vegetables and whole grains, since meat and other excluded foods have more calories?
- Can the athlete eat a variety of plant-based foods to make sure nutrient needs are being met?



If you answer “yes” to all of the above questions, then, with proper planning and understanding, getting nutrition and calorie needs for sport from a vegetarian diet is possible. See the list below for nutrients that could be lacking in some vegetarian diets and a variety of suggested foods to include each day to get the nutrition that a growing athlete needs.

**Use these lists as a guide to help your young vegetarian athlete eat a variety of foods each day to feel energized and prevent injury.**

## CRITICAL NUTRIENTS & HOW TO INCLUDE THEM

Vegetarian is a term often used to describe individuals who choose to eliminate meat and eat a plant-based diet only. There are different types of vegetarians. Some eat eggs, fish and milk products and others consume some of these or none. Because there are important nutrients a young athlete needs in meat, eggs, fish and dairy, it is important to get these nutrients from a variety of plant sources.

### PROTEIN

**Important for building the body's cells, muscle development and repair**

- Nuts, seeds
- Yogurt (esp. Greek yogurt)
- Milk
- Cheese
- Dairy alternatives (i.e. soy products)
- Whole grains (esp. quinoa, oats, amaranth, bulgur, buckwheat)
- Eggs
- Beans
- Lentils
- Tofu
- Some granola bars
- Vegetables (i.e. peas, spinach, baked potatoes, broccoli, Brussels sprouts)

### CALCIUM

**Important for bone health & normal muscle contractions**

- Vegetables (i.e. bok choy, kale, arugula, watercress, collard greens, spinach)
- Nuts (i.e. almonds) & seeds (i.e. sesame & chia)
- Calcium-set tofu
- Kidney beans
- Calcium-fortified orange juice, cereals, and milk alternatives (i.e. soy or almond milk)
- Milk, cheese, yogurt

*Note: Compounds called oxalates can inhibit calcium absorption. Higher oxalate calcium-rich foods include beans, nuts, soy beans, and some darker green veggies like spinach. You don't have to completely cut these higher oxalate foods out of your sports diet, but try to incorporate other high calcium, lower oxalate foods (such as bok choy and kale) often.*

## ABOUT OUR EXPERT

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Taylor Morrison is a registered and certified sports dietitian, specializing in wellness, sports and exercise nutrition. Taylor's experience as a young competitive

figure skater and cross country runner strongly influenced her interest in working with active children and adolescents.

She consults with young athletes in the Sports Medicine clinic as well as directly in schools and on sports teams. Taylor also serves as the director of the Wellness department at Scottish Rite.

Find more resources online to help your young athlete with hydration, pre-and post-sport nutrition, balancing meals and more.



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## VITAMIN D

**Important for bone health & a healthy immune system**

- Mushrooms (may have varying amounts)
- Fortified milk, soymilk, yogurts, cheese, cereals, granola bars

## DHA

**Important for brain development & cognitive function**

- Salmon, Tuna
- Flaxseeds, flaxseed oil
- Eggs with omega-3's

## IRON

**Important for carrying oxygen in the blood**

- Vegetables (i.e. spinach, asparagus, chard, broccoli rabe, bok choy)
- Tofu, lentils, soybeans, other beans
- Pumpkin seeds, sesame seeds
- Raisins
- Iron-fortified breakfast cereals

*Note: Due to phytates (compounds that inhibit the absorption of iron in the body) in some of these plant sources, try to combine them with foods high in vitamin C for optimal iron absorption. Foods high in vitamin C include citrus fruits, strawberries, tomatoes and bell peppers.*

## ZINC

**Important for healing after major injuries as well as minor ones that can occur in exercise**

- Beans, whole grains (remember these contain phytates, which also inhibit the absorption of zinc as well as iron)
- Soy products
- Nuts & Seeds (i.e. pumpkin and hemp seeds)

## VITAMIN B12

**Important for the creation of red blood cells**

- Yogurt, milk, cheese
- Eggs

*Reach out to your physician and a sports dietitian if your young vegetarian athlete experiences any of the following:*

- Fatigue
- Injury
- Stress fractures
- Impairments in growth & development

*Note: If your young athlete is vegan or does not eat any animal products (including dairy and eggs) he or she should speak with a pediatrician about vitamin B12 supplementation.*