

# IS A VEGAN OR PLANT-BASED DIET GOOD FOR MY HEALTH AND PERFORMANCE?

'Veganism' and/or 'plant-based' diets are popular at the minute with celebrities, athletes, and Netflix documentaries all claiming to have improved their health and/or performance. Are you considering a dietary resolution this New Year? Here are the truths behind the hype.

## POSITIVES

More fibre = helps with digestive health (and hunger)

More micronutrients = potentially improved immune function

You could be able to eat 'more' food for the same calories

## NEGATIVES

Vit B12 deficiency = lack of energy + leads to health complications

Creatine + Carnosine deficiency = decreased muscle performance

Collagen deficiency = increased chance of injuries

Lack of protein in your diet

The inclusion of nutrients such as **creatine, carnosine, and collagen** from meats are essential to health and performance and *likely outweigh the benefit* of more of the same vitamins and minerals from a solely plant-based diet. We need *all nutrients* to function 100%.

There is **NO** clear relationship between plant-based diets and athletic performance. *If anything*, there is an **adverse / negative** relationship due to lack of protein and collagen to repair and adapt, and creatine and carnosine to perform.

There is no evidence to suggest that meat alone is harmful to health and/or athletic performance. **However**, *processed meats, fast foods, and fried meats* are detrimental to health/performance due to the cooking methods and processed nature of them.

**Conclusion:** Eat **MORE** plant-based foods to gain the health benefits they provide. **However** don't cut out animal-based products altogether. Eat **LESS** processed and fried meats and stick to lean poultry, fish, and eggs.