



If you are a vegetarian athlete or simply want to eat less meat, there are many alternatives to getting the protein and other nutrients your body needs.

# MEAT ALTERNATIVES

## Why Does Your Body Need Protein?



- Protein is needed to build and repair our muscles.
- Protein is the building block of major organs.
- Every enzyme in our body and many of our hormones are made of protein.
- The antibodies we make to fight infections are proteins.
- They are an important source of iron, zinc, and niacin.
- The body cannot store protein, so our diet must supply a fresh source of protein every day. Athletes often struggle meeting their protein needs when traveling on the road or when needing quick recovery protein sources when away from home.

## Alternative Sources Of Protein



- These lists may provide ideas for alternative sources of protein when you can't find your familiar meat proteins or if you are a vegetarian looking for new ideas. Remember protein is KEY for meeting building block needs for building and repairing muscles and you can't go without this on a daily basis as a competitive athlete.
- Choose at least 2 protein choices daily.
- Time your pre-match choice two (2) hours before match play to allow adequate digestion time, but try to get your recovery choice within 30 minutes to two (2) hours after play.
- A simple way to determine the protein grams that you need is to base it on your kg weight. So a 65 kg athlete would need minimally 65 grams per day.
- Use meat alternative proteins to help you meet these needs, see below for options:

## Meat Free Food High In Protein



- ½ cup soy, tofu, tempeh, setian (8 grams)
- Veggie burgers and sausages (13 grams)
- Legumes ½ cup peas (4 grams), ½ cup beans
- 2 oz grains (5 grams), 2 oz nuts (12 grams), 2 oz seeds (6 grams)
- 3 oz veggie luncheon meals
- 3 oz veggie chicken meat (10 grams), 3 oz veggie turkey meat (15 grams)
- 3 oz veggie jerky (10 grams)
- 1 egg (6 grams)
- 1 cup soy milk (9 grams)
- 1 tbsp hummus (1 grams)