I'm a vegan runner, running on average 40-50 miles a week. I run mostly marathon distance, although I also do a weekend long run — since March. But once I start training gradually without expecting that any activity pattern will be maintained, my diet becomes a key factor in my performance. I eat a 100% plant-based diet without any signs of physical weakness or declines in endurance. I did not have to get anything from animal sources, and I didn't suffer from anything related to it. I'm working on getting you an animal-based example of a meal.

When Dr. Fernstrom and I looked at my food log, it was clear that my protein intake had indeed been on the low end "for an athlete," she said. I thought "low end" protein-wise – which, she said, "would certainly cause fatigue," and "if you're running long distances, you're going to need extra protein." So I have no doubt that the amount of protein I was getting was indeed an issue. I'm still not sure that I'm getting enough protein, so I'm experimenting with different combinations of foods that seem to work for me. I'm not sure if I'm just being picky or if there's actually a real issue here. I'm trying to find the combination that feels best to them.

As all of you know, nuts, lentils and tofu are great protein sources, but they're not the only ones. Legumes, whole grains, and other plant-based foods can be varied and combined to create a complete protein. It's important to have different varieties in your diet then you get a complete protein. And there's lots of varieties of them, so if have a few different things, this worked for me.

In "Runner's Diet," Dr. Fernstrom's credentials — a Ph.D. in psychology, and "a degree in nutrition," she said — "are for free runners," she said. "She's not just writing a book for people who are running marathons — she's writing it for people who are just starting out."

"The message is that you can eat a lot of things that are healthy and still perform well," she said. "There's no need to eat animal products." She added: "I think that you're tired, just because you're not used to running for so many miles." She said that women athletes, especially, pay attention to their body weight and their body fat percentage. "They're always trying to have the perfect body," she said. "But that's not necessarily the best for humans?"

As Michael Pollan says, eat whole foods that contain vitamins, minerals, and fiber, and you'll be fine. The article did not mention that anyone had to get the money to that effect. I'm working on getting you an animal-based example of a meal.

There are scientifically supported books and websites that deal with vegan diets. I read "Skinny Bitch" and "The China Study" as an excellent primer for the beginning of the vegan lifestyle. There are a lot of options and there is a lot of variety, so if have a few different things, this worked for me.

I'm always experimenting with seitan & tempeh–both are great sources of protein. I'm working on getting you an animal-based example of a meal.

Take a look at Rip Esselstyn's Plant Strong Fireman & The Plant Perfect Doctor. He's a vegan who trains firefighters and he shows how to eat a vegan diet and still perform at the highest level. There are a lot of recipes that are easy to make and they're delicious. The cheap-o over the counter supplements don't work. The best thing is to eat whole foods that contain vitamins, minerals, and fiber, and you'll be fine.

The Myth of Rampant Teenage Promiscuity

As someone very committed not only to exercise but also to nutrition, I'm always looking for ways to improve my performance. I think that the key to running long distances is to eat a lot of whole foods that contain vitamins, minerals, and fiber, and you'll be fine. There are a lot of options and there is a lot of variety, so if have a few different things, this worked for me.

I agree with #11 and 14. I'm working on getting you an animal-based example of a meal. As all of you know, nuts, lentils and tofu are great protein sources, but they're not the only ones. Legumes, whole grains, and other plant-based foods can be varied and combined to create a complete protein. It's important to have different varieties in your diet then you get a complete protein. And there's lots of varieties of them, so if have a few different things, this worked for me.

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