



Student Athlete Toolkit

Incorporating Sustainability into Sports



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REFLECTIONS FROM A VEGAN ATHLETE

"Once I started, I fell in love with the concept of fueling your body in the best way possible [through raw, vegan food]. Not only does it help me on the court, but I feel like I'm doing the right thing for me."

-Venus Williams (Olympic Tennis and Wimbledon Champion)

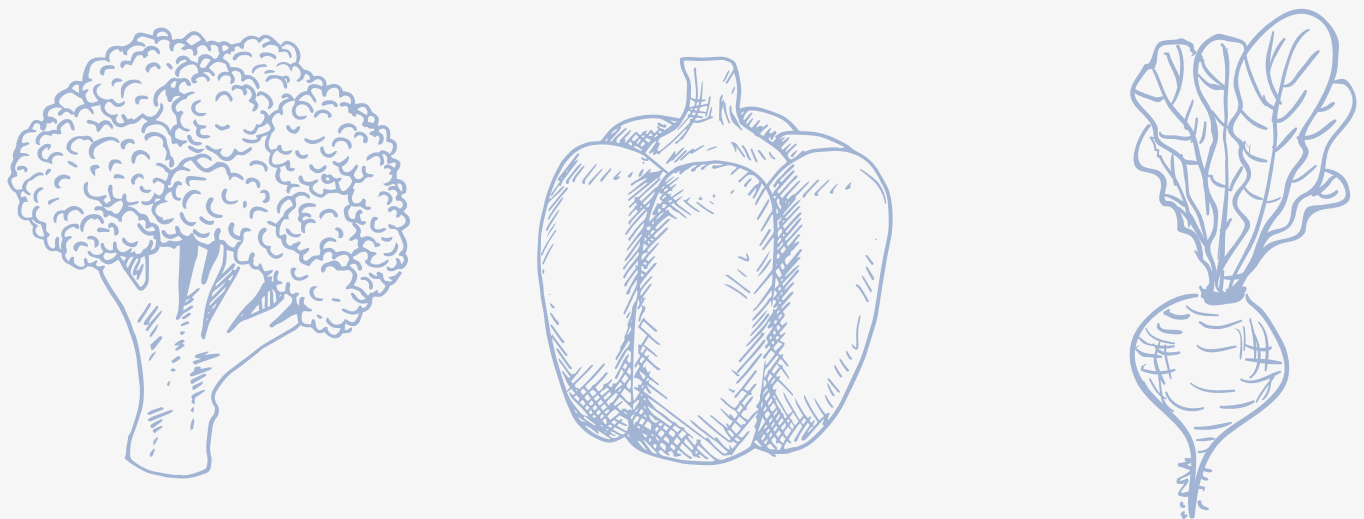
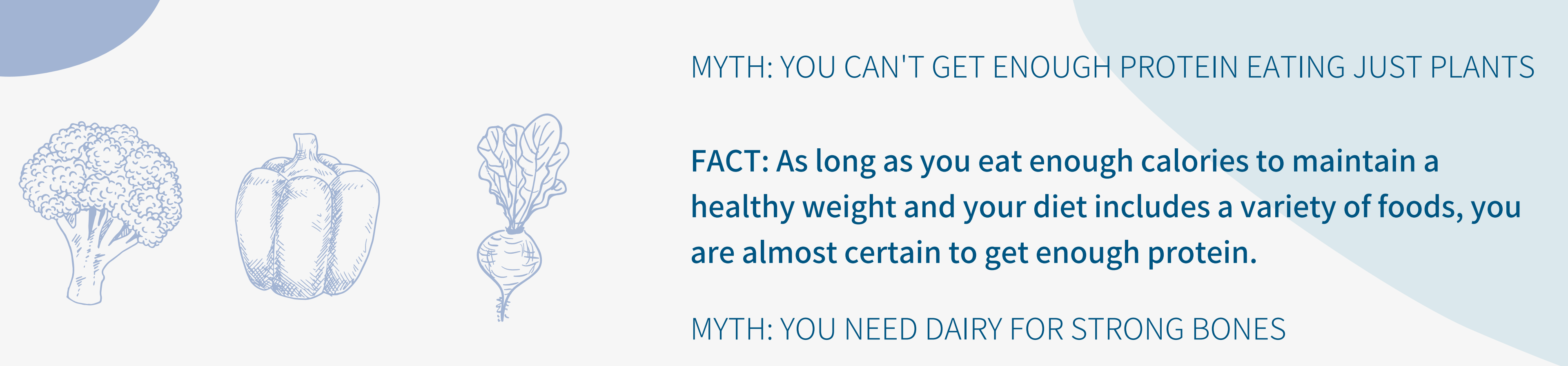


Lifestyle Changes

Protecting Our Planet Starts With
the Food on Your Plate*



*Consult a physician before making changes to your diet if necessary



Plant Based Misconceptions

MYTH: YOU CAN'T GET ENOUGH PROTEIN EATING JUST PLANTS

FACT: As long as you eat enough calories to maintain a healthy weight and your diet includes a variety of foods, you are almost certain to get enough protein.

MYTH: YOU NEED DAIRY FOR STRONG BONES

FACT: Other foods contain the needed calcium for our bodies. Dark leafy greens, orange juice, and plant-based milks are all good sources of needed calcium.

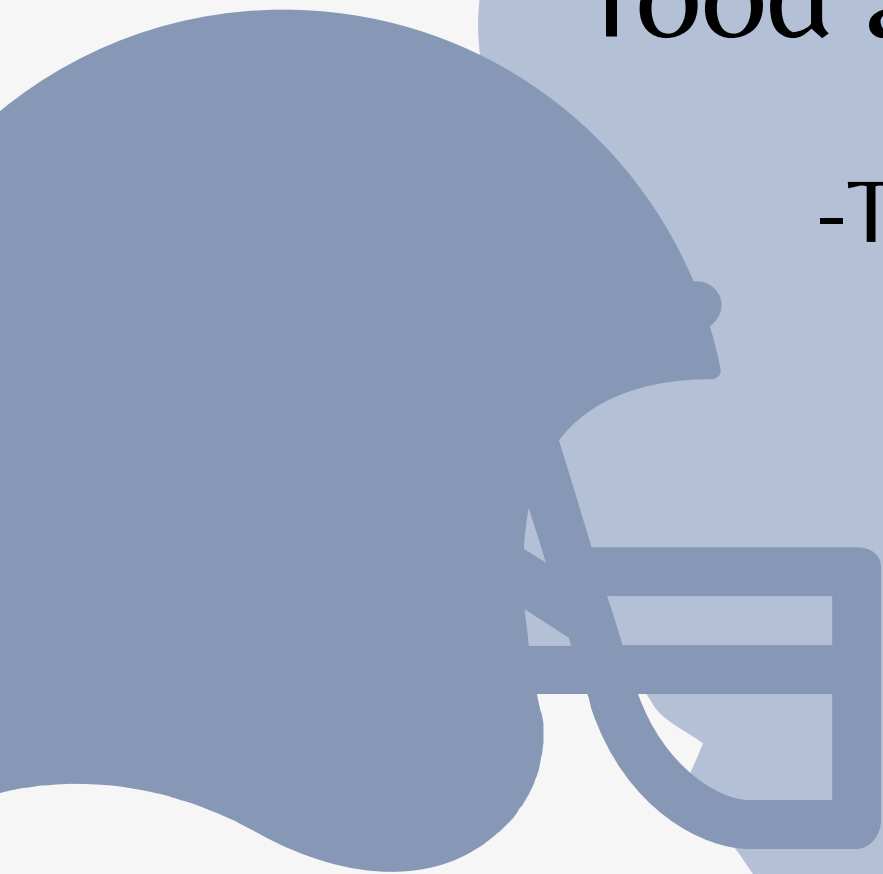
MYTH: SOY IS BAD FOR US AND COULD CAUSE CANCER

FACT: The American Cancer Society says there is no direct evidence that soy is bad for men or women or causes cancer. The soy bean is a rich source of protein and has been a staple for many East-Asian diets for centuries.

REFLECTIONS FROM A 80%-95% VEGAN ATHLETE

“It really doesn’t matter how much exercise you do,” Brady writes, “if you’re not eating the right food and providing your body the right nutrients.”

-Tom Brady (has the most Super Bowl wins in NFL history)



Going Vegan or Vegetarian



Putting on the Protein

Plants that are high in protein include: soybeans, whole grains, legumes, nuts, and seeds.

There are also a plethora of vegan substitutes sold in most grocery stores such as: JustEgg and Beyond Meat these can also help satisfy your cravings when just starting out!

About Carbs

Carbs are an essential part of our diets and although processed grains and added sugars are plant based these won't help sustain you during workouts or games.

Fruits, Veggies, and Whole Grains are great sources of carbohydrates and will help satiate and fuel you.

How to get those missing Vitamins

- Calcium: dark, cruciferous veggies: broccoli or kale
- Zinc: whole grain bread and sprouted beans
- Omega-3 Fatty Acids: nuts, avocado, flaxseed
- Iron: beans, fruits, veggies, potatoes
- B-12: nutritional yeast, fortified cereals, mushrooms



REFLECTIONS FROM A MAJORITY VEGAN ATHLETE

“I stay away more from the meats and more from animal products, and animal proteins, because there was this misconception that that’s the only way you get big and strong, so now I back off that and I feel much better.”


-Arnold Schwarzenegger (Former bodybuilder, actor, and governor)



A woman with blonde hair, wearing a blue long-sleeved athletic top and blue leggings with "TECH LEGGING" printed on the side, is performing a handstand on a grey yoga mat. She is positioned on the left side of the frame, with her legs raised and bent at the knees, holding her feet with her hands. The background is a wall with a light-colored marble pattern. A light blue curved shape is visible in the top right corner of the image area.

Last Option: Flexitarian

There are no hard or fast rules about eating sustainably.

- You can enjoy meats and dairy from time to time
 - It's not about strictly cutting out a food group but eating less foods that directly relate to increased greenhouse gases
 - **Meatless Mondays** are a great place to start cutting down meat consumption
 - **Holiday Traditions:** A lot of cultures have food traditions; allow them to be special occasions and try to eat plant-based the rest of the year
 - Media can overwhelm us with gatekeeping ideologies - but eating less or just cutting out one thing out is still better than doing nothing
- 



Sustainable Alternatives to Fuel Your Workout, Practice, and Life

Good for the
mind, body,
community,
and Earth



Eco Friendly Energy Drinks

- **Yerba Mate:** Caffeinated leaves from small farms and indigenous communities. Profits used to rebuild communities.
- **Sambazon Organic Amazon Energy:** A company combatting malnutrition, poverty, deforestation, and inequality in the amazon. Fair trade, vegan, and non-GMO.
- **Runa Zero Organic Clean Energy Drink:** Sourced from an Amazonian leaf by indigenous peoples. Every purchase supports small farmers and rainforest preservation.
- **Coffee:** Better for sustained energy/doesn't have additives/sugar/preservatives. Simple, efficient, and can be zero waste. (try to buy fair trade)



Zero Waste Protein Powder

Creating muscles, not waste

- Vivo Life: Vegan, proceeds used to plant trees, compostable packaging
- Motion Nutrition: Carbon Neutral deliver, plastic free packaging
- Misfits: Plastic free, very affordable, vegan



Protein Bars

-Putting your body and your planet first-

- Homemade: Limits Plastic and ensures minimal/clean ingredients
- Aloha Organic Protein Bars: Organic certified (no pesticides or synthetic fertilizer)
- GoMacro Bar: Plant based. 100% of food scraps are donated, 100% carbon neutral, and 100% made with renewable energy





Sustainable Athleticwear

CURIOUS HOW YOUR FAVORITE
BRAND CHECKS OUT?

HEAD TO
GOODONYOU.ECO

THIS WEBSITE RATES BRANDS SUSTAINABILITY!



SUNDRIED

People Tree
Sustainable and Fair Trade Fashion

The Tri-Athlete of Brands

Functionality, Ethicality, Sustainability

Stewardship initiatives brands have planned

- Patagonia: Moving towards 100% recycled garments
- Adidas: By 2024, shifting to 100% recycled nylons in their materials



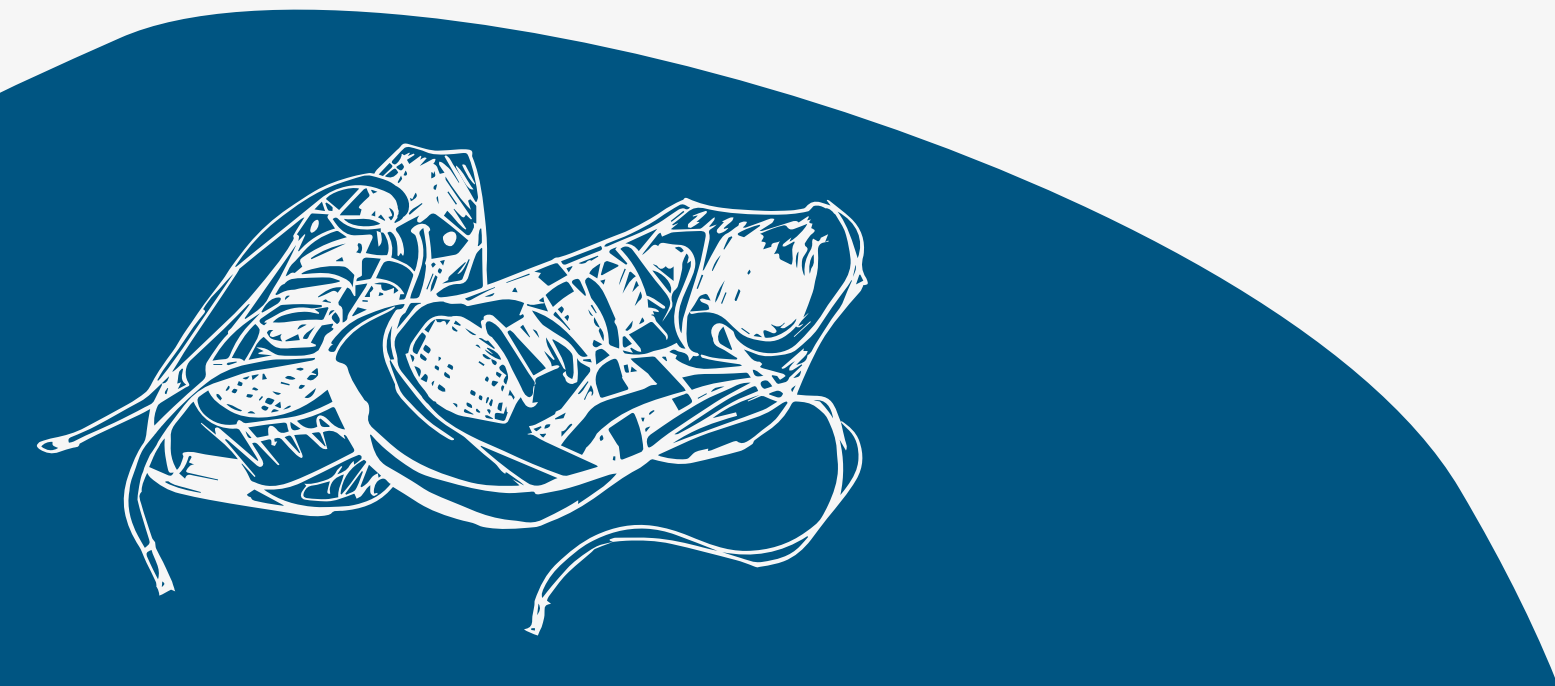
Vote With Your Dollars

Support Brands that Support the Earth

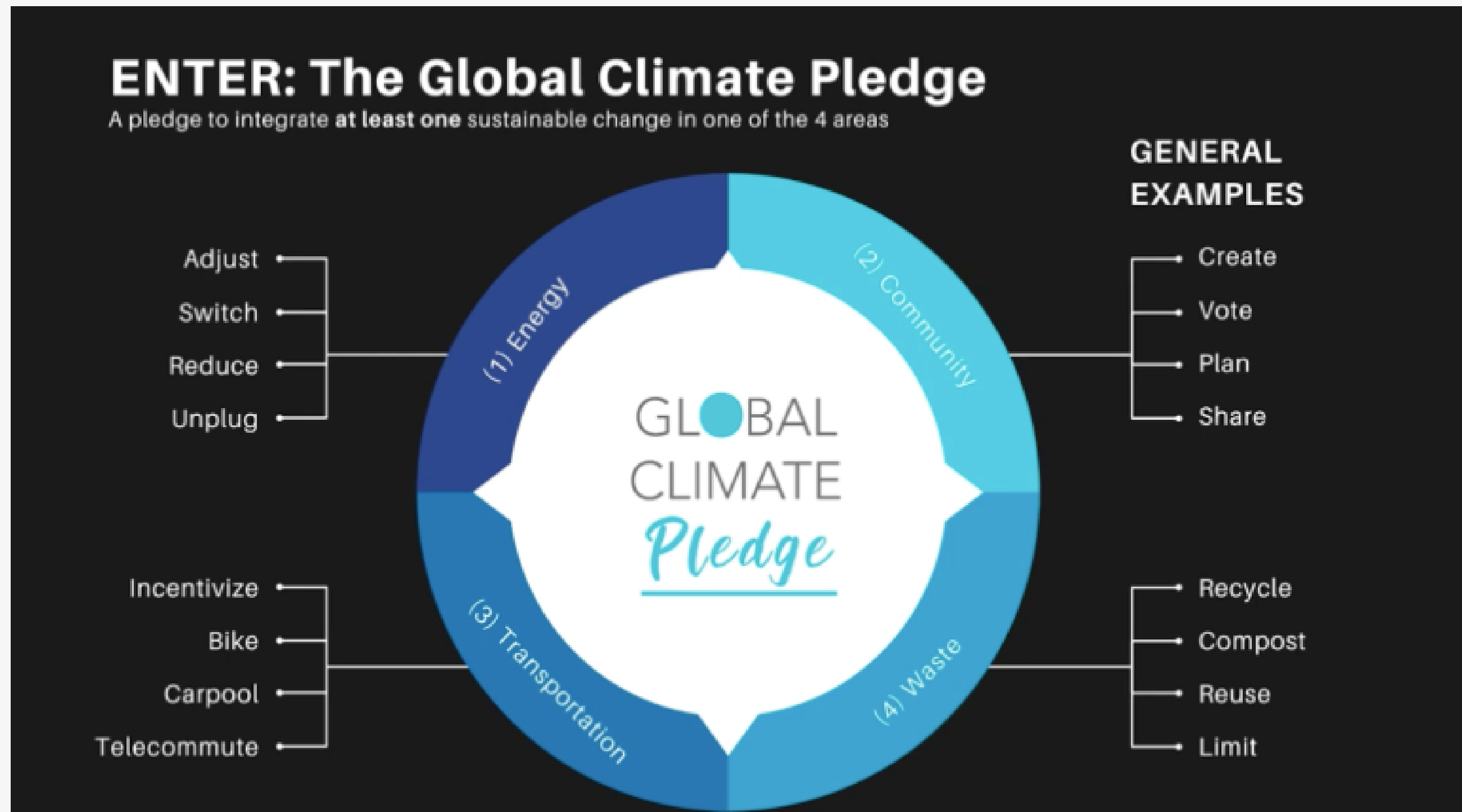
- PeopleTree: utilizing 95% fair trade cotton to make their products
- Sundried: using ethically and sustainably sourced materials that are temperature controlled, so you can stay comfortable



Fight for the planet
on and off the
field...



Find ways to become more sustainable by clicking the link to the pledge...



www.globalclimatepledge.com

SIGN THE

GLOBAL
CLIMATE
Pledge

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BE A PART OF THE WAY FORWARD