

133 VEGETARIANISM AND INDIAN SPORTS

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The high performance diet has always been a matter of concern for the elite sports persons. The selection of right kind of food has an important role to play to achieve good health and high performance. In spite of being an oldest vegetarian country the Indian sports persons at elite level starts following the non-vegetarian foods to have high protein intake in their daily diet to gain muscle mass and strength. Whereas, vegetable proteins, when combined, provide excellent protein and also numerous other nutrients such as phytochemicals and fibres that are highly regarded in the diet.