



# MAND SPRING CONFERENCE

## THE JOURNEY FORWARD



**Friday April  
8, 2022**

**MAND PRESENTS....**

## *Nancy Clark*

### Plant-based Diets for Athletes: Benefits and Challenges for Optimal Performance

Plant-based diets are in -- but “carbs” are out. Just what do athletes need to know in order to resolve their confusion regarding how to build a plant-based sports diet? This talk will focus on how plant-based athletes can optimally fuel their muscles, consume enough leucine and plant protein to build and repair muscles, identify the nutritional differences between animal foods and their plant alternative (such as plant milks, faux burgers, vegan protein powders), and figure out how to balance the pros and cons of vegan vs omnivorous diets.

### *About Nancy...*

Nancy Clark, MS RD CSSD has a successful sports nutrition private practice in the Boston-area. She has years of experience helping active clients—from “ordinary mortals” to Olympians—win with good nutrition. Her best-selling Nancy Clark's Sports Nutrition Guidebook has sold over 800,000 copies. It is a popular resource for reliable sports nutrition information, as is her online sports nutrition workshop. Nancy is a sought-after nutrition counselor for athletes who struggle with food-and weight issues, as well as a nutrition speaker popular with dietitians, trainers, coaches, and other health professionals. For more information, visit [www.NancyClarkRD.com](http://www.NancyClarkRD.com).