

As athletes from all corners of Michigan come together for the **Meijer State Games of Michigan-Winter Games (SGOM)** on Feb. 20-22, **Meijer Healthy Living Advisor and Registered Dietitian Melissa Hehmann** offers nutritional advice to help fuel athletes for competitions.

Featured on the Meijer SGOM Blog, Hehmann gives nutritional advice to vegetarian athletes – or athletes looking to replace meats – to ensure their nutritional needs are met when competing. Following are some of the meat alternatives Hehmann suggests:

- **Beans and Lentils**, which are packed with carbohydrates, protein and iron
- **Nuts and Seeds**, which contain protein and minerals, essential for strong bones and muscle contraction
- **Tofu and Tempeh**, which are a great source of calcium and protein
- **Textured Vegetable Protein**, which is a protein-rich alternative to ground meats
- **Ancient Grains**, which are high in fiber and antioxidants

Read more of Hehmann's advice on the Meijer [SGOM Blog](#).

<https://meijercommunity.com/2015-02-13-Meijer-Healthy-Living-Advisor-Shares-Tips-for-Vegetarian-Athletes>