



# The PETA Files

[Good Job, Steve Jobs!](#) | [Main](#) | [Got Insecurity?](#)

## Apr 29 Sports Scientist Reveals Key to Athletic Success

Posted at 03:20 PM | [Permalink](#) | [Comments \(1\)](#)

Athletes who are still choking down chicken or pounding whey-protein shakes can be relieved to know that they can trade in that garbage for **gardien** and soy protein powder. A new book, *Bikeextreme*, by sports scientist **Dr. Katharina Wurnitzer** is out to prove that as far as energy and vitamins go, vegan athletes are not at any disadvantage compared to those who eat meat. Wurnitzer also argues that even extreme athletes require far less **protein** than U.S. government guidelines (at the prompting of the meat, dairy, and egg industries) would have you believe.



Katharina Wurnitzer in action.

"To maintain good health, a daily intake of 8-12 percent is more than enough and ideal for the highly strained metabolism of athletes," Wurnitzer says. She makes it clear that vegan diets "are not only well suited for all phases of life, as well as for top athletes, but if adequately implemented and combined with a supporting lifestyle, also optimally suited for endurance sports." To back up her research, Wurnitzer has first-hand knowledge of the subject—she's a two-time finisher of the grueling **TransAlp Challenge** mountain-bike race.

With endurance athletes like Katharina Wurnitzer, **Brendan Brazier**, and **Rich Roll** reaching the peak of their performances on a plant-based diet there isn't any question about it—if you're a jock reaching for the top of your game, it's time to **go vegan!**

Posted by Jeff Mackey

### Comments

So much of our country is controlled by the meat, egg, and dairy industry. They have had our government departments and authorities on puppet strings for so long.

The agriculture business will literally tell any lie they can think up to make a buck, even if it means destroying our bodies or our kids' bodies to make the animal agriculture industry rich. And so far, government bureaucrats will help them do it.

Not only that, but very corrupt university and college agriculture faculty and professors join in with this animal agriculture lobbying.

The average person MUST take responsibility for themselves, and stop allowing themselves to get lied to, like the tobacco industry lied to people for so long as the government went along with it.

We have millions upon millions of prematurely sick & disabled people to prove how wrong the animal agriculture industry is.

(And the worst is when companies like Sesame Street actually sell their souls for a buck to the egg industry and push unhealthy food on young kids. How hypocritical and selfish is that?)

Did the government bureaucrats ever wonder why the animal agriculture industry hires the SAME LOBBYIST that the tobacco and liquor industry does?

[http://www.sourcewatch.org/index.php?title=Center\\_for\\_Consumer\\_Freedom](http://www.sourcewatch.org/index.php?title=Center_for_Consumer_Freedom)

### Recent Entries

- [SeaWorld Death an Accident?](#)
- [Got Insecurity?](#)
- [Sports Scientist Reveals Key to Athletic Success](#)
- [Good Job, Steve Jobs!](#)
- [Amtrak Needs to Choo-Choo-Choose Veggies](#)
- ['The Onion' Predicts Identity of 'Horse Torturer of the Year'](#)
- [Bill the Horses!](#)
- [PETA Asks Nuns to Convert](#)
- ['Win It' Wednesday: 'Go Veg' Cow Necklace](#)
- [Let's Weigh Popular Weight-Loss Plans](#)

### Archives

- [April 2010](#)
- [March 2010](#)
- [February 2010](#)
- [January 2010](#)
- [December 2009](#)
- [November 2009](#)
- [October 2009](#)
- [September 2009](#)
- [August 2009](#)
- [July 2009](#)
- [June 2009](#)
- [May 2009](#)
- [April 2009](#)
- [March 2009](#)
- [February 2009](#)
- [January 2009](#)
- [December 2008](#)
- [November 2008](#)
- [October 2008](#)
- [September 2008](#)
- [August 2008](#)
- [July 2008](#)
- [June 2008](#)
- [May 2008](#)
- [April 2008](#)
- [March 2008](#)
- [February 2008](#)
- [January 2008](#)
- [December 2007](#)
- [November 2007](#)
- [October 2007](#)
- [September 2007](#)
- [August 2007](#)
- [July 2007](#)

Find

About Us

Contact Us



blogger's '08  
choice awards\*  
**WINNER**  
BEST CHARITY BLOG

### What's PETA Doing?

[@siamusic](#) We got u! ;) about 5 hours ago

[@Urban\\_Lindsay](#) Fingers crossed. about 8 hours ago

Follow PETA on Twitter!

### Friends

- [BlogAds Weblog](#)
- [Brooklyn Vegan](#)
- [The Discerning Brute](#)
- [Celebslam](#)
- [Gabsmash](#)
- [Anything Hollywood](#)
- [I'm Not Obsessed](#)
- [Celebrity Mound](#)
- [Deadspin](#)
- [Good As You](#)
- [Oh No They Didn't](#)
- [Perez Hilton](#)
- [Pink Is the New Blog](#)
- [Socialite Life](#)
- [Vegan Lunch Box](#)
- [Oddly Enough](#)
- [AdRants](#)
- [Popbytes](#)
- [Osocio](#)
- [Bilerico](#)
- [Suicide Food](#)
- [Ecorazzi](#)
- [Amy Grindhouse](#)
- [PETA Living](#)