

THE VEGINSOC PILOT STUDY

A PLANT-BASED DIET AND COMPETITIVE SPORTS

**THE VEGINSOC
PILOT STUDY
RESEARCH TEAM:**

M. SMOLICH

Institut für Ernährungsmedizin,
Lübeck, Germany

P. KRÜGER

Institut für Ernährungsmedizin,
Lübeck, Germany

F. MAYER

Hochschulambulanz der Universität Potsdam,
Potsdam, Germany

M. MEIER

Justus-Liebig-Universität Gießen,
Gießen, Germany

M. KELLER

Forschungsinstitut für pflanzenbasierte Ernährung,
Biebertal, Germany

THE PILOT STUDY

The VegInSoc pilot study investigated the feasibility of an eight-week plant-based diet intervention in a small number of male, previously omnivorous, semi-professional football players. It is the first controlled plant-based trial within football. The pilot was designed and implemented under the lead of Professor Dr. M. Smollich, at the Institute of Nutritional Medicine, Lübeck, Germany.

Ten players, that had just come out of summer break and were entering pre-season training, volunteered to measurements of sports performance, nutrition, and health status before and after switching to a plant-based diet. To assess sports performance, study subjects performed an exercise test on a treadmill. Eight football players, continuing their 'usual' omnivorous diet, did the same measurements (control group). Twelve players completed the performance measurements, 7 in the plant-based group and 5 in the control group. The dropouts were due to injuries, time restraints and reasons unrelated to the diets.



CONCLUSIONS

1

Switching to a plant-based diet for 8 weeks, under professional surveillance, was feasible for the participating semi-professional football players.

2

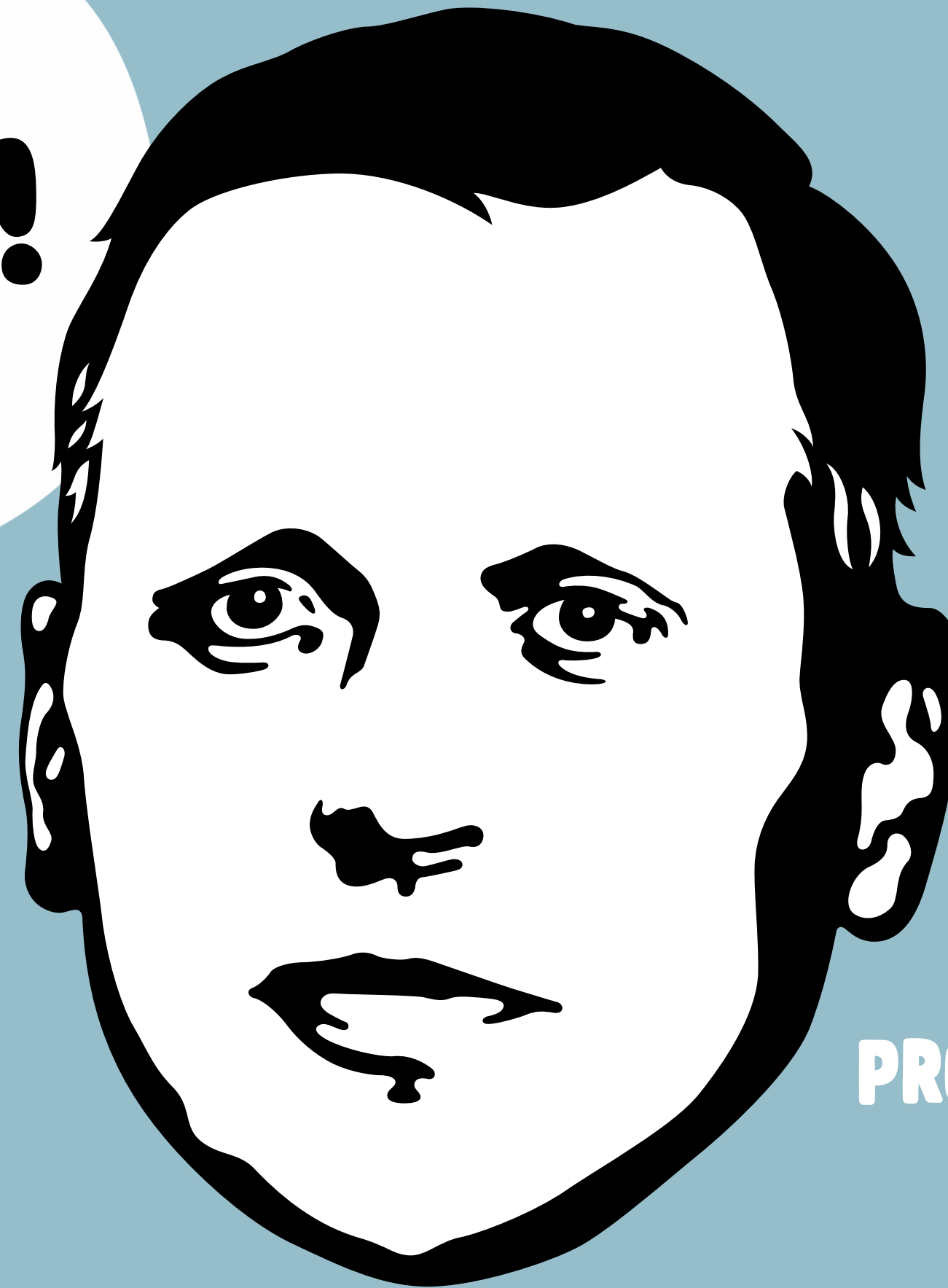
The 7 semi-professional football players on the plant-based diet did equally well on the sports performance tests as the 5 players that continued their usual diet.

This is the first pilot study that assesses the effect of a plant-based diet on the sports performance of semi-professional football players. Larger and longer randomised studies on professional football players, ideally also on women, are warranted to confirm these results.

DISCLAIMERS

1. With respect to the VegInSoc pilot study, this first pilot study is small, and the effects observed here may not be representative for other football players.
2. The VegInSoc pilot study has been done under professional surveillance and the participants received advice on plant-based cooking and supplementation. Individuals wishing to make major changes to their diets should follow the guidance of qualified professionals to ensure that all nutrient needs are adequately met.
3. Oatly supported the pilot study financially. The company had no influence on the scientific questions, implementation, data analysis or conclusions.
4. The findings and conclusions presented here are limited to feasibility and sports performance only. The opinions in the VegInSoc pilot study are those of the authors and do not necessarily represent the opinions and policies of Oatly.

GOODBYE!



PROF. DR. M. SMOLLICH

SOURCE/PUBLISHED ABSTRACT

Smollich M, Krüger P, Mayer F, Meier M, Keller M. Pilotstudie zur Auswirkung einer veganen Ernährung auf die körperliche Leistungsfähigkeit und die gesundheitsbezogene Lebensqualität von Halbprofi-Fußballern (VegInSoc-Studie). Aktuelle Ernährungsmedizin 2022; 47(03): 233 - 233. <https://www.thieme-connect.com/products/ejournals/html/10.1055/s-0042-1748223> (down loaded 2022-09-07)