Trees & DLake Podcast || This Or That

Can A Vegan Diet Make You Run Faster?

00:00 Daren DLake Since we can remember animals have always been very close to humans and respected, but as a runner and endurance athlete, we also know that an easy way to get calories, protein and fat is to eat animals. But does meat actually help you perform better in your running? Or should you go vegan if you don't like the way animals are treated in our food culture? Don't worry, we'll go deep and pose arguments for both sides to help you answer that and maybe learn a bit more on this special series called This or That with our guest co-host Remy B. Real on this episode Trees in D Lake.

00:37 J. Mike Remy Warm up complete. Good morning, good afternoon, good evening. Y'all know what time it is. Special episode of Remy B. Real featuring my man D Lake Creates. What it do my dude? I am doing quite well good sir, and I'm training and racing and living and working and just doing it all right now. Same same, man. We're doing a-okay getting a little closer to race day, but we'll get into that. Y'all already know what it is. We are here for This or That. Polarizing topics in the endurance sports world. There are no right answers. We're just going to dive into these topics. This one might get a little hot.

01:24 Daren DLake Because you could get with this or you could get with that. You could get with this or you could get with that. So there's no right or wrong answers as

he was saying and the topic for today is the polarizing one. This is up there with possibly abortion. Pro life or pro choice. Vegan plant-based diet or the omnivore meat eater diet and this is in the context of what is better for race performance because you can't just say oh because it's like that's subjective. It's like I like this one. It's like does a vegan plant-based diet help you perform better in your racing or does eating a meat diet that also means that you obviously eat with vegetables and fruits and carbohydrates. So it's not it's not like you're eating a full meat diet. That was I think what I should have cleared up in the poll which we'll get into a second but vegan. Remy, what are you where are you where are you in this? What what do you where do you stand?

02:19 J. Mike Remy What are your options? Well, I'll tell you exactly. I made that I made a drastic change in 2019. Let's step out and talk about it for a little bit. Okay, I'm gonna keep this one real real simple. We're not even gonna get into all the different hot takes what nutritionists have to say what this industry has to say keeping it real real simple. Fact of the matter is you don't need meat. If you pause and think about all the most commonly eaten animals where do they go for their protein? Where do they go for their nutrients? All those animals are eating plants. They're eating seeds, corn, beans, grain and that's where they're getting their nutrients. So realistically the animal then becomes a middleman. So just like in product distribution cut out the middleman and then you can be more efficient, right? So I've chosen to cut meat out of my diet for the simple fact that doing the math I actually don't need it. There are other sources of protein. There are other sources of all these nutrients that don't involve any animals at all and it feels like taking an extra step to grow the grain grow these plants to then feed them to the animal only so I can then eat the animal and oh by the way you still need the grain you still need the plants if you're gonna make a balanced meal. So why don't I just cut the middleman out and be more efficient about it? You want to be efficient in your training? Why not be as efficient in your nutrition? That's it.

03:55 Daren DLake With that said I'm not going against veganism. I think it's a great thing. It tastes phenomenal. I think proper vegan meals that are done well not just you know tofu and eggplant are really good and really nutritious but eating no meat has yet to prove to be healthy and or help me or anyone perform better. And the reason why I think veganism and plant-based diets work and why people think they work is because you know they go oh I feel less bloated and I feel you know lighter and I feel you know more refreshed and etc etc. The reason being is because they most likely came from a really poor diet. So I'll call that a dirty diet. They ate a lot of processed foods a lot of foods in saturated fat and moving over to more vegan diet they may have eaten even not have eaten fruits and vegetables that much you know a lot of um simple carbs a lot of sugar a lot of processed sugar. I'd say that when you cut all that out you just feel better but you can also cut that out and eat meat. That's the thing and what I do is because I really care about animals is that I make sure that I get sustainably treated and ethically treated meat. Therefore you can have your cake and eat it too. No pun intended. But again with all the the movies and all the blogs and everything you know Game Changers was a great movie. It's really hard not to think anecdotally that no

meat equals higher performance. I won't beat a dead horse. You totally get it. I think let's wrap it all up in the next part. Right now is the part where I go hey if you're feeling this make sure you like subscribe rate this share it out with your friends about how amazing this is right. All right while you should go out and do that anyway how about I actually give you something that will help you. Is the running health fitness and endurance sport internet too much sometimes? Too much conflicting content on how to train right or you just don't have the time to read and watch the latest trends on how to I don't know carb cycle for your next marathon. Don't worry I'll take care of all that for you by showing you how to train race and live 1% better consistently. To do this just sign up for my free D-Lake Runs newsletter. I figure out this whole 1% better thing so you don't have to by scouring the endurance sports internet's deepest and darkest corners. Go to D-Lake creates forward slash news. Spell the normal way in EWS to be inspired and motivated on

06:25 J. Mike remy the regular. And back to the show. Dang well that that got heated. Let's try to bring the temperature down just a little bit. We did also talk to some community and audience members and they had a couple of things to say. Here's a response from one of our community members. I can say I absolutely do think it helps. I am not vegan though. I am a vegetarian with vegan tendencies. I still do eat eggs and I eat a little bit of dairy now and then but no other animal products and that's been that way since I was 17. I think that when you eat a vegetarian or vegan diet you're usually definitely not always eating more grains and vegetables and whole foods than I would say the average American who does not eat vegetarian or vegan. I have to go with omnivore because that's how I eat

07:28 Daren DLake even though I was vegetarian for a long time. All right and we also got some responses from well let's look at the poll from Instagram that I did on my Instagram stories and that is what eating do you prefer to perform better? And I mistakenly gave three options. Omnivore meat 26% vegan plant based 26% dead accurate like boom boom boom and then both 49% like come on now. I realized I shouldn't have put both because that actually I should have cleared up the question. Unfortunately with IG stories you don't have enough room to explain it or I could have said hey you know when I say meat that means you know you just have meat along with everything else but all good. It's all in the realm of balanced healthy eating anyway. Yeah yeah yeah so I find it interesting and I think let's move to the responses because what's even more interesting three responses whereas all the other ones we've done distance time you know far fast racing music I was getting up to 20 15 20 responses we had three pages worth of scrolling through three so even though I got the same you can't see it I got the same amount of people that did the poll on this so it's about 30 people 30 40 people did the poll as I did on the other ones my theory is that because this is kind of like a religious polarizing topic people didn't want to say anything they didn't want to say they didn't want to you know they didn't want to go hard on the like you're killing animals they didn't want to also go like I just like meat you know so we've lost friends over this man like it's it's a thing so you know I'm not gonna say you know in the other ones it was like well you might as well do this but I've

already said my my kind of side on things you heard that but I think a third point that I didn't actually really get into is look while I like eating meat I also do care about animals and I do when I eat my meat I try to source it sustainably free range ethically treated as much as possible you know you can take that with a grain of salt pun intended with how well is it treated there's different ranges of free range at different ranges of you know it's best to go out and hunt your food you know I know all vegans they're like yeah if you hunted it I'd be cool with eating it I'd be cool with you eating it you know versus like oh it's just the whole like you just see it in the grocery store and da da da but at the same point you know Remy I I still think that it's hilarious that you just like I don't care about the animals I don't care about the environment you just don't need it that is that blows my mind that you you you

09:55 J. Mike Remy don't care about all those other reasons listen and I and I'm very transparent about that everybody's reasons are completely different I just selfishly if you will like the way I feel and like the way that I digest and I you know reduced inflammation so it's all about the health and wellness and yeah is there an environmental impact absolutely that's not my bag is there an ethical treatment great but I've never been a fan of PETA anyway because that's a whole other conversation and everybody has their reasons because there is always that stigma that like oh well you're vegan then you're clearly out here trying to convert now do you bro this is what works for me these are my reasons which could be very different from your reasons but like we said there are no right or wrong answers here because you could get with this or you could get with that you could get with this so you could get with that let's open it up to you all what's your take let's try to keep it friendly let's try to keep it you know polite down here let us know down in the comments where you side if you were here if you were with this and converted to that if you were that converted to this or somewhere in between we'd love to hear about it if you're not already make sure you are following my dude thelakecreates on instagram the link is right here definitely do like this one if you've enjoyed this video do check out the other parts in this

11:34 Daren DLake series where we've covered training by time or distance or if you would rather race with music or none we're gonna keep this going or or or because some people aren't listening and watching in sequential order or would you rather run fast and run far so uh that's that's that's another one that we'll have in the in the series and on that note we'll take it out with the fader and i'm out peace and real y'all