

USE OF FOOD SUPPLEMENTS AMONG VEGETARIANS

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Over the last one or two decades, more and more people have become aware of the vegetarian diet. With the rise of social media, more and more people are considering to try this diet. As well as the many known health benefits of vegetarianism, it is also well known that particular attention needs to be paid to the intake of essential amino acids and minerals. Thus, the present research aims to present the different types of vegetarianism, their benefits and risks. The relationship between supplementation and sport is also very important in this context, as many people switch to this diet for health reasons and to improve their performance. In our online questionnaire survey, we investigated the ways in which vegetarians and vegans in our study supplement their protein needs. We also looked at their exercise and supplementation habits. Is it difficult to be a vegetarian nowadays? Is it worth following this kind of diet? Does this diet really improve performance? Is this diet sustainable in long-term? How can athletes and non-athletes meet their protein and mineral needs? These are some of the questions that our research has sought to answer, and the answers are very positive.