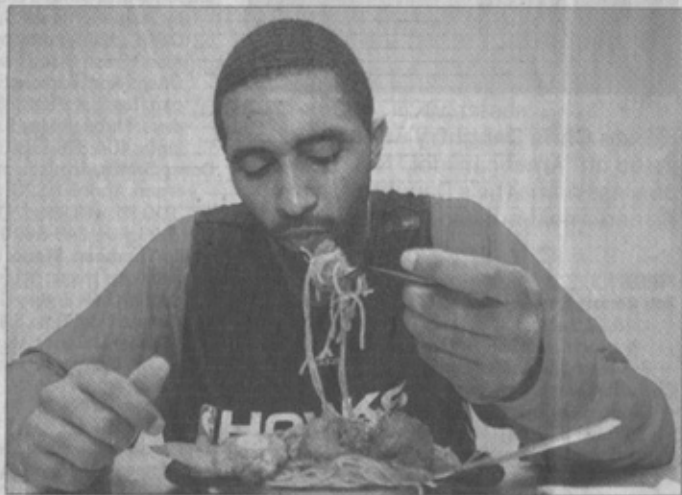


# Veg out with Hawks' vegan player

Atlanta Hawks guard **Salim Stoudamire** has lost 3 pounds since becoming a vegan last June. "My endurance has gone up, and I haven't gotten tired at all during the whole season." His meal includes tofu and pasta.

KEITH HADLEY / Staff



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In June, Atlanta Hawks guard Salim Stoudamire abandoned his diet of junk food and animal-based foods to become the Hawks' only vegan player. (Vegans typically only eat food from plants — fruits, vegetables, legumes [dried beans and peas], grains, seeds and nuts.) So when team chef Bradley Rouse cooks turkey chili or Cajun catfish for the rest of the team, Stoudamire gets grilled tofu and quinoa (a high-protein grain).

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