

A man with short brown hair and blue eyes, wearing a grey sleeveless athletic shirt, stands in a kitchen. He is smiling and holding a red apple in his right hand, offering it towards the camera. In front of him is a large basket overflowing with fresh produce, including green leafy vegetables, red and yellow apples, oranges, and strawberries. To the left, there are yellow and red bell peppers and a purple cabbage. The kitchen background features wooden cabinets, a stainless steel range hood, and a tiled backsplash.

BRENDAN BRAZIER,
Ironman and
Endurance Athlete

**Physicians
Committee**
for Responsible Medicine

I RUN, BIKE, AND SWIM FOR HOURS AT A TIME.
How do I thrive? I fuel up on nutrient-dense foods and plant-based proteins like spinach, quinoa, and beans to help optimize my performance.

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