



Star NFL Player Arian Foster Goes on Vegan Diet, Calls Forks Over Knives a “Great Film”

By Forks Over Knives
July 09 2012

Houston Texans star running back [Arian Foster](#) said he is trying a vegan diet. On July 5, he [tweeted](#), “Officially a vegan now. We’ll see how this goes. But week one down. So far, so good. Feels wonderful.”

Foster is apparently a fan of *Forks Over Knives* – a few days later he [tweeted](#), “Yes I have [seen Forks Over Knives], great film.”

In 2011, Foster ran for 1,224 yards and caught 53 passes, making him one of the top running backs in the game. In March, he reportedly signed a five-year, \$43.5 million contract with Houston.