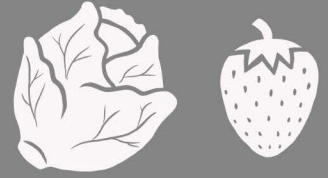


Types of Vegetarian Diets

A vegan diet is a plant-based diet that excludes all animal products including meat, fish, eggs, and dairy. There are a number of other dietary approaches which limit or restrict the consumption of animal products to varying degrees.

Vegan

No animal products at all.



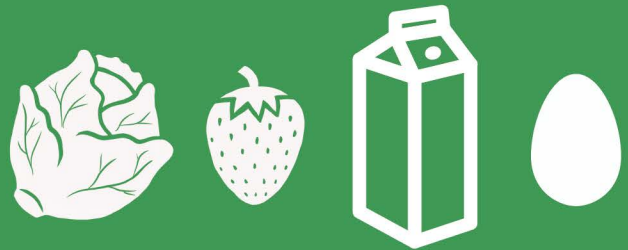
Lacto Vegetarian

No animal products except for dairy products.



Lacto-Ovo-Vegetarian

No animal products except for dairy products and eggs.



Pescetarian

Dairy, eggs and fish are allowed. No meat.



Flexitarian (or Semi-Vegetarian)

Primarily vegetarian with occasional inclusion of meat or fish.

