

Types of Vegetarianism

A **vegetarian** is someone who never eats any meat, poultry or seafood. There are three major categories within vegetarianism: lacto-ovo, lacto, and vegan.

- ♦ **Lacto-ovo vegetarians** are the most common. They avoid meat, poultry and seafood but eat eggs and dairy products.
- ♦ **Lacto vegetarians** do not eat meat, poultry, seafood or eggs, but they do consume dairy products.
- ♦ **Vegans** follow the strictest diet, avoiding all animal-derived foods. This includes meat, poultry, seafood, milk, eggs, honey, and any other products involving animals in their production.

Figure 1.1 shows the range of vegetarianism as compared with the traditional American diet.

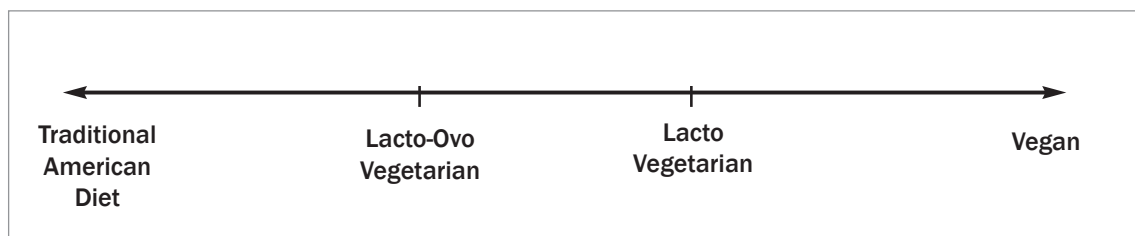


Figure 1.1 The Vegetarian Continuum¹

Vegetarian- a person who never eats meat, seafood or chicken.

Lacto-Ovo Vegetarian- a person who does not eat meat, seafood or chicken but does consume dairy and egg products.

Lacto-Vegetarian- a person who does not eat meat, seafood, chicken or eggs but does consume dairy products.

Vegan- a person who never eats any animal derived product, including meat, seafood, chicken, dairy, eggs, honey and gelatin.