

## Vegans



Avoid all animal products

## Lacto-vegetarians



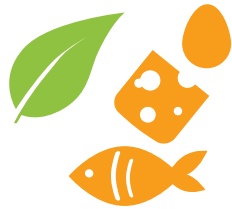
Avoid meat, fish and eggs, but eat dairy foods

## Lacto-ovo-vegetarians



Avoid meat and fish but eat dairy foods and eggs

## Pesco-vegetarians



Avoid meat but include fish and/ or shellfish, dairy foods and eggs

## Semi-vegetarians



Eat small amounts of animal products

## Plant-based



At least 2/3 of the diet is made up of plant-based foods. Less than 1/3 comes from animal products.