DISTINGUISHING BETWEEN PLANT-BASED DIETS

TYPES OF PLANT-BASED DIET	Primarily plant-based food	Meat	Fish & other seafood	Dairy	Eggs	Honey
VEGETARIAN DIETS						
Lacto-vegetarian	✓	X	X	✓	X	✓ *Dependent on individual
Ovo-vegetarian	✓	X	X	X	✓	✓ *Dependent on individual
Ovo-lacto-vegetarian	✓	X	X	✓	✓	✓ *Dependent on individual
Honey-vegetarian	✓	X	X	X	X	✓
VEGAN DIETS						
Vegan (strict vegetarian)	✓	X	X	X	X	X
OTHER DIETS						
Flexitarian	✓	✓ *Dependent on individual	✓ *Dependent on individual	✓ *Dependent on individual	✓ *Dependent on individual	✓ *Dependent on individual
Pescatarian	✓	X	✓	✓ *Dependent on individual	✓ *Dependent on individual	✓ *Dependent on individual

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