

VARIOUS TYPES OF VEGETARIANS:

Semi-Vegetarians aka Flexitarians

Semi-vegetarians limit their intake of either certain types of meat or the amount of meat. For example, they might eat no red or white meat (beef, pork, venison, etc), but eat fowl and fish. Or they might only eat meat once or twice a week. Someone who only eats fish can also be called a pescatarian. (Purists would say that semi-vegetarians are not vegetarians at all.

Ovo-Lacto Vegetarians

The most common type, ovo-lacto vegetarians do not eat any animals, but do eat eggs and dairy products.

Subcategories:

- * Ovo vegetarians (eat eggs but not dairy)
- * Lacto vegetarians (eat dairy but not eggs)

Vegans

Vegans eat no animal products - no eggs, no dairy, no honey, etc.

Raw/Living Foodists

Raw or Living Foodists eat only raw food, because enzymes are destroyed by normal cooking processes.

Fruitarianism

Fruitarianism eat only fruit, fruit-like vegetables (e.g., tomatoes, cucumbers), and sometimes seeds and nuts.