

Common Diets

What Foods are Consumed?

	Plants 	Animal Byproducts 	Seafood 	Land Animals 
Vegan	✓	✗	✗	✗
Vegetarian	✓	✓	✗	✗
Pescatarian	✓	✓	✓	✗
Omnivorous	✓	✓	✓	✓

Raw *Vegan* Diet

Unprocessed & Uncooked

Raw food can have greater **nutritional value** than cooked food. Those who eat a raw vegan diet must eat **LARGE QUANTITIES** of food to get enough calories. Think of cows... they basically graze all day. Grass has very few calories, so cows need to eat **A LOT** of it. Likewise, raw foods have very few calories, so raw vegans need to eat a lot of it.

Common Staples

- Raw fruits, veggies, nuts, seeds
- Dried fruits & veggies
- Foods cured in vinegar
- Sprouted beans & legumes
- Fresh or dried herbs & spices
- Fermented foods (miso, kimchee, sauerkraut, kombucha)



Whole Foods *Vegan* Diet

Minimally Processed

Nothing **added** to food that would alter its nutritional value (oils, salts, sugars, etc.).

Nothing **removed** from food that would alter its nutritional value (foods stripped of their natural fibers, i.e. white pasta).

Common Staples

- All foods in the raw vegan diet
- Cooked fruits, veggies, nuts, seeds
- Quinoa, lentils, potatoes, beans
- Whole grain pasta & bread, brown/wild rice
- Tempeh (fermented soybeans) & tofu (mashed soybeans)



All-Around *Vegan* Diet

Celebrates ALL Plant Foods & their Nutritional Value

Foods do not contain animals or animal byproducts.

HEALTH TIP: check the **ingredient list** on processed foods. Some foods that may appear vegan contain animal products. Many types of breads, pastas, veggie burgers, etc. contain milk and/or eggs.

Common Staples

- All foods in the whole foods vegan diet
- White pasta, white bread, white rice
- Oils, added salts & sugars
- Processed plant-based foods (granola bars, cereals, canned soups, etc.)
- Vegan substitutions (vegan burgers, vegan ice cream, vegan cheese, etc.)
- Plant-based junk foods (Sour Patch Kids, Sweet Chili Doritos, Oreos)
 - YES, you read that right, OREOS are vegan!



Vegetarian Diets

- All vegan foods
- Animal byproducts (materials derived from the body of an animal, i.e. milk, cheese, eggs, honey, gelatin, bone broth)

Ovo Vegetarian

Yes: Eggs

No: Dairy



Lacto Vegetarian

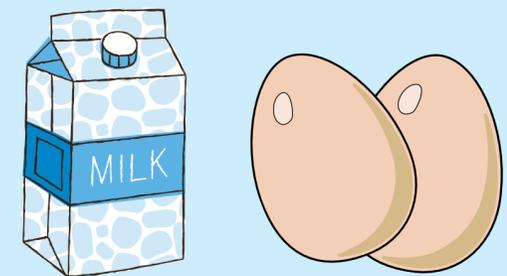
Yes: Dairy

No: Eggs



Lacto-Ovo Vegetarian

Yes: Dairy, Eggs



Omnivorous Diets

- All vegan & vegetarian foods
- Animals, i.e. seafood, poultry* and/or red meat*

Pescatarian

Yes: Seafood

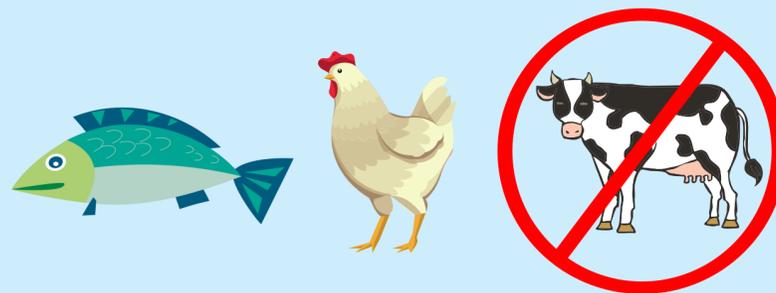
No: Poultry, Red Meat



Pollotarian

Yes: Seafood, Poultry

No: Red Meat



Omnivore

Yes: Seafood, Poultry,
Red Meat



*Poultry: birds (chicken, turkey, duck, etc.)

*Red meat: land mammals (cows, pigs, lamb, etc.)

LACTO
WHAT??

HOW CAN
OREOS
BE VEGAN??

WHAT IS GELATIN
MADE OF??



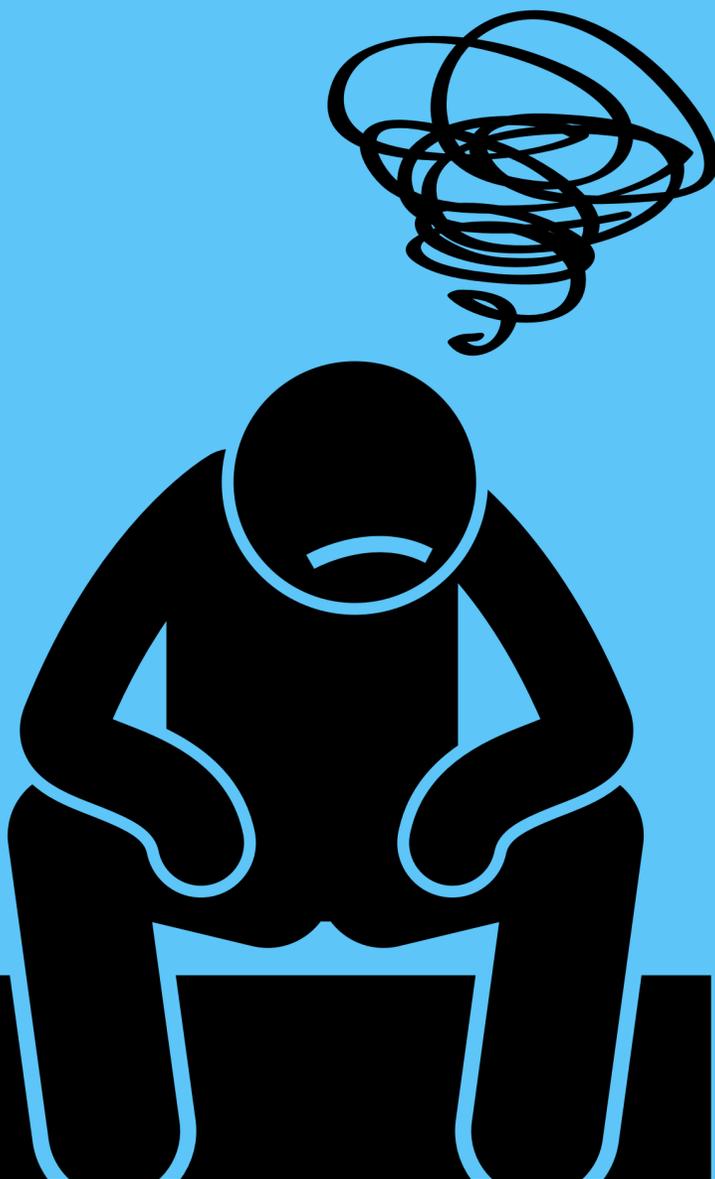
SO MANY
DETAILS!!

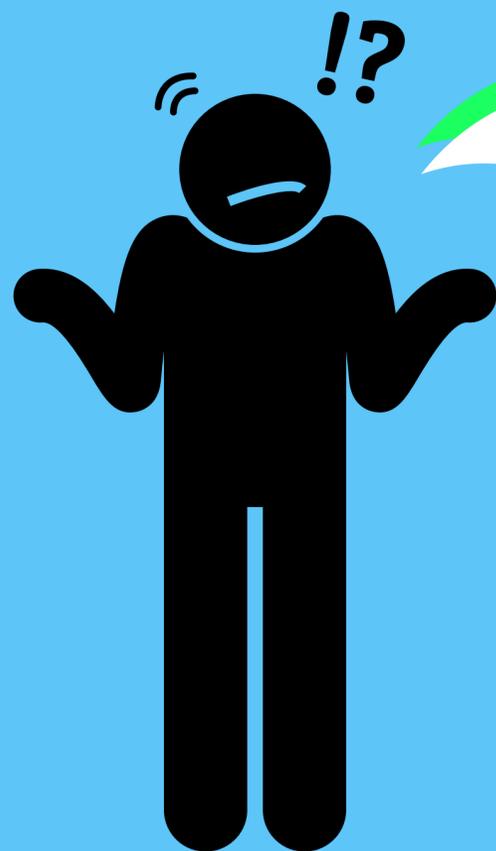
Eggs.... dairy... red meat... raw food..... ahhhrrrg!!

So... much... information.....

Too... many... categories.....

Brain... overload.





I EAT ANIMALS
BUT I ALSO DO
"MEATLESS MONDAYS."
MY DIET DOESN'T FIT
INTO ANY OF THESE
CATEGORIES...

THAT'S OKAY,
NEITHER DOES MINE!
I CHOOSE NOT TO PUT
A LABEL ON MY DIET. IT
CHANGES DAY-TO-DAY.
I GENERALLY FOLLOW A
WHOLE FOODS VEGAN
DIET, BUT I LIKE TO EAT
FISH AND SUGARY SNACKS
SOMETIMES TOO.

DIETS CAN BE AS STRICT OR LOOSE AS
YOU WANT THEM TO BE. PEOPLE'S DIETS ARE
OFTEN ON A SLIDING SCALE, NOT GLUED
TO A SINGLE CATEGORY.



CHEERS
TO DOING
OUR BEST!

HOORAY
FOR FOOD!

