
<u>Vegan</u>	Excludes all products of animal origin.
<u>Lacto-ovo vegetarian</u>	Excludes red meat, poultry, and fish, but consumes dairy and eggs.
<u>Ovo-vegetarian</u>	Excludes red meat, dairy, poultry, and fish, but consumes eggs.
<u>Raw vegan</u>	Based vegetables, fruits, nuts, seeds, legumes, and grains. Unprocessed foods account for 75%–100% of diet.
<u>Pescatarian</u>	Excludes red meat and poultry, consumes fish, dairy and eggs.
<u>Lacto-vegetarian</u>	Excludes eggs, red meat, poultry, and fish but consumes dairy products.
<u>Semi-vegetarian</u>	Consumes red meat, poultry, and fish no more than once a week.
<u>Omnivore</u>	Consumes a variety of foods, eats fish or meat almost every day.
