



Vegan

Avoid all animal products



Lacto-vegetarian

Avoid meat, fish and eggs, but eat dairy foods



Ovo-vegetarian

Avoid meat, fish and dairy foods, but eat eggs



Lacto-ovo-vegetarian

Avoid meat and fish, but eat dairy foods and eggs



Pescetarian

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



Flexitarian e.g. Mediterranean Diet

Occasionally eat small amounts of meat or fish

Plant-based eating spectrum