

## Top 7 Types of Vegetarians

By Jolinda Hackett, About.com Guide

“I’m a level 5 vegan—I don’t eat anything that casts a shadow.” –Character on *The Simpsons*

People often point to some food item and ask me, “Can you eat this?” My answer is always “Sure, I can eat whatever I want.” I *choose* not to eat certain things. When deciding what type of vegetarian you want to be, think about what *you* want to include or avoid. You don’t need to fit into one of these categories, but understanding them will help you think about your short-term and long-term goals.

### **1. Pescatarian (also spelled pescetarian)<sup>1</sup>**

The word “pescatarian” is occasionally used to describe those who abstain from eating all meat and animal flesh with the exception of fish. Although the word is not commonly used, more and more people are adopting this kind of diet, usually for health reasons<sup>2</sup> or as a stepping stone to a fully vegetarian diet.

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### **2. Flexitarian/Semi-vegetarian<sup>4</sup>**

You don’t have to be vegetarian to love vegetarian food! “Flexitarian” is a term recently coined to describe those who eat a mostly vegetarian diet, but occasionally eat meat.

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### **3. Vegetarian (Lacto-ovo- vegetarian)<sup>6</sup>**

When most people think of vegetarians, they think of lacto-ovo-vegetarians. People who do not eat beef, pork, poultry, fish, shellfish or animal flesh of any kind, but do eat eggs and dairy products are lacto-ovo vegetarians (“lacto” comes from the Latin for milk, and “ovo” for egg).

Lacto-vegetarian<sup>7</sup> is used to describe a vegetarian who does not eat eggs, but does eat dairy products.

Ovo-vegetarian<sup>8</sup> refers to people who do not eat meat or dairy products but do eat eggs.

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### **4. Vegan<sup>10</sup>**

Vegans do not eat meat of any kind and also do not eat eggs, dairy products, or processed foods containing these or other animal-derived ingredients such as gelatin. Many vegans also refrain from eating foods that are made using animal products that may not contain animal products in the finished process, such as sugar and some wines. There is some debate as to whether certain foods, such as honey, fit into a vegan diet.

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### **5. Raw vegan/Raw food diet<sup>12</sup>**

A raw vegan diet consists of unprocessed vegan foods that have not been heated above 115 degrees Fahrenheit (46 degrees Celsius). “Raw foodists” believe that foods cooked above this temperature have lost a significant amount of their nutritional value and are harmful to the body.

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## 6. Macrobiotic<sup>14</sup>

The macrobiotic diet, revered by some for its healthy and healing qualities, includes unprocessed vegan foods, such as whole grains, fruits and vegetables, and allows the occasional consumption of fish. Sugar and refined oils are avoided. Perhaps the most unique qualifier of the macrobiotic diet is its emphasis on the consumption of Asian vegetables, such as daikon, and sea vegetables, such as seaweed.

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## 7. How to go vegetarian<sup>16</sup>



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If you're interested in exploring a healthy vegetarian diet, but haven't yet made the leap, check out my tips for how to become vegetarian<sup>18</sup>. Or, if you're already vegetarian, take a minute to share how you went vegetarian<sup>19</sup>, so that others can learn from your experience!

Read Review<sup>20</sup>

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Note from your teacher: Those who practice vegetarian/vegan eating patterns need to diligently plan their overall diet to guarantee that they are eating the full range of amino acids (to achieve complete protein consumption). Teens need to discuss their eating patterns with their parents so that groceries are available to accommodate their diets, and so that parents are aware of changes in eating habits. All vegetarians need to educate themselves regarding dietary requirements for their age and activity level.