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## Can vegetarians eat meat

A: There are several à à ¢ vegetarian levels, or types of vegetarian diet, which depend on which foods you choose not to eat. Starting from the most restrictive ones and going downwards, types of vegetarians are the following: vegans do not consume products of animal or by-products. So vegans do not eat red or white meat, fish or poultry. They also do not consume eggs and dairy products. Vegans do not use honey or wax of bees, gelatin or other ingredients or derivative products of animal origin. Vegans generally do not use animal products such as silk, leather and wool. Lact-Vegetarian Lact-Vegetarians do not eat red or white meat, fish, poultry or eggs. However, vegetarians consume dairy products such as cheese, milk and yogurt. Vegetarian Ovo Vegetarians do not eat red or white meat, fish, poultry or dairy products. However, ovo-vegetarians consume egg products. Vegetarians Lacto-ovo Vegetarians Lacto-Ovo do not eat red meat, white meat, fish or poultry. However, Latto-Ovo vegetarians consume dairy products and egg products. This is the most common kind of vegetarian. Fishingarian (Pescetarian) Although technically are not a type of vegetarian, these individuals limit their meat consumption only to fish and seafood. Fishermen do not consume red meat, white meat or poultry. This is considered a diet À «semi-vegetarianà» or À «flexitarian.à ¢» Pollotarian just like the fishermen, this diet À «semi-vegetarianà» limits the consumption of meat only to poultry and poultry, and is not officially Considered vegetarian. The Pollotarians do not consume red meat or fish and seafood Flexirian a vegetable-based diet with occasional meat men. These people do their best to limit meat intake as much as possible and have a diet almost entirely based on vegetable. This is not technically considered a diet À «Vegetarianà» but we praise the effort! There are many different ways to deal with vegetarianism, and it's going to make food choices that best fit your lifestyle. Consider your health and fitness goals or needs when you choose whether you are becoming a vegetarian, whether you are trying to better support your friends and your vegetarian family, we hope that this list and this chart have been useful! Vegetarians do not eat meat for a series of health, environmental, ethical, religious or economic reasons. There are many types of vegetarianism. A well-planned vegetarian diet can satisfy nutritional needs during all stages of life. Some nutrients, as proteins, Iron, football, zinc, vitamin B12 and vitamin D, can be more difficult to get from some types of vegetarians. Particular attention must be paid during pregnancy, breastfeeding and children following a vegetarian diet and, above all, vegan. A vegetarian diet is a diet that does not include or seafood. However, there are many variations to this. Some people who follow a vegetarian diet can eat eggs and dairy products, while others can avoid one or both. A vegan diet is is Form of vegetarianism in which only vegetable foods are eaten and all foods from animal sources are avoided (meat, seafood, dairy products, eggs and sometimes honey and jelly). Vegetarian diets can have many health benefits. They can offer all the essential vitamins and the minerals needed for a long and healthy life, as long as they are well planned. Nursing breastfeeding of mothers and children who have a vegetarian diet must take special care to make sure they receive all the essential nutrients they need for healthy growth and development. Types of vegetarian diets Although À ¢ à,¬ À "VegetarianÀ ¢ à,¬ à" ¢ usually means À ¢ à,¬ "based" there are some different types of vegetarian diets. Which version of the vegetarian diet follows depends on many things including health, the environment, the environment, religious or economic reasons. The main types of vegetarianism are: À, Lacto-Ovo-Vegetarian - People who do not eat meat and seafood, but include dairy foods (such as milk), lacto-vegetarian vegetable foods - people who do not eat it meat, seafood and eggs, but include milk foods and egg vegetarian milk foods - people who do not eat meat, seafood and dairy products, but include vegan eggs and foods À ¢ à,¬ "people who avoid all Animal foods and only eating vegetable foods. Two other diets that are not strictly vegetarian but still focus on the reduction or limitation of the quantity of animal products are: Pescetarians - people who do not eat meat, but include seafood, dairy foods . Flexirian eggs and plants À ¢ à,¬ "People who mainly have a plant-based diet but sometimes include small portions of meat and seafood; Sometimes called À ¢ à,¬ À "semi-vegetarian". The people who follow the fishing or flexible diets often do it to get the health benefits of eating a large vegetarian diet without having completely meat based . Benefits for the health of a vegetarian diet A well-balanced vegetarian or vegetarian diet can provide many health benefits, as a reduced risk of chronic diseases, including: À ¢ Vegetarians and vegans also have disease and death rates of some diseases degenerative. Nutritional needs on a vegetarian diet if you choose to be vegetarian or vegan, plan your diet to make sure it includes all essential nutrients. This is even more important if you are pregnant, planning a pregnancy, breastfeeding or having Small children to follow a vegetarian diet. Eating a wide range of foods, make it easier to satisfy your nutritional requirements. Nutrients essential wings that are more difficult to get in a vegetarian diet, if not carefully expected - include protein, some minerals (in particular iron, football and zinc), B12 and Vitamin D. Protein sources à ¢

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