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# What is a vegetarian diet?

## **Asked: What is a vegetarian diet?**

The Vegetarian Society defines a vegetarian as: "Someone who lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with, or without, the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish or by-products of slaughter."

There are different types of vegetarian:

- \* Lacto-ovo-vegetarians eat both dairy products and eggs; this is the most common type of vegetarian diet.
- \* Lacto-vegetarians eat dairy products but avoid eggs.
- \* Vegans do not eat dairy products, eggs, or any other products which are derived from animals.

Eggs: Many lacto-ovo vegetarians will only eat free-range eggs. This is because of welfare objections to the intensive farming of hens. Through its Vegetarian Society Approved trade mark, the Vegetarian Society only endorses products containing free-range eggs.

## **Answers:**

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