

# Plant-based eating spectrum



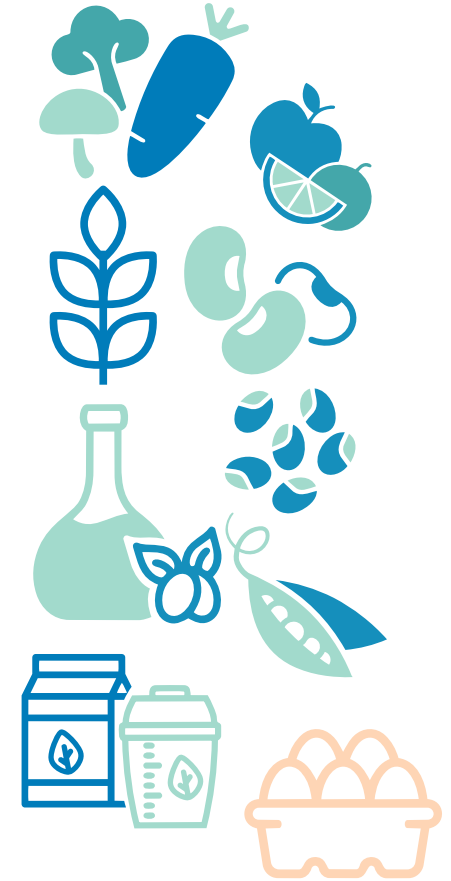
## Vegan

Exclude all foods of animal origin.



## Lacto-vegetarian

Exclude meat, fish and eggs, while including dairy foods.



## Ovo-vegetarian

Exclude meat, fish and dairy foods, while including eggs.



## Lacto-ovo-vegetarian

Exclude meat and fish, while including dairy foods and eggs.



## Pescetarian

Exclude meat, while including fish and/or shellfish, dairy foods and eggs.



## Flexitarian

Predominantly plant-based dietary pattern that includes occasional consumption of small amounts of meat or fish.