



# TYPES OF VEGETARIANISM

## STRICT VEGETARIAN

Does not consume any food products derived from animals, both in homemade preparations and in industrialized products.

## VEGAN

Does not consume any food products derived from animals. However, they extend the practice to other products for personal use, excluding those with ingredients or tested on animals (eg, cosmetics, hygiene products and clothing).

## LACTO-OVO-VEGETARIAN

Consumes eggs and dairy products in their diet, but restrict other animal derivatives, both in homemade preparations and in industrialized products.

## OVO- VEGETARIAN

Consumes eggs in their diet, but restrict other animal derivatives, both in homemade preparations and in industrialized products.

## LACTO- VEGETARIAN

Consumes milk and dairy products in their diet, but restrict other animal derivatives, both in homemade preparations and in industrialized products.