**TYPES OF PLANT-BASED DIETS**

|  |  |  |
| --- | --- | --- |
| **VEGETARIAN DIETS** | | |
| **DIET** | **Foods Consumed** | **Foods Avoided** |
| Lacto-ovo vegetarian | Grains, legumes, vegetables, fruits, nuts, seeds, dairy, eggs | Meat, poultry, fish |
| Vegan | Grains, legumes, vegetables, fruits, nuts, seeds | Meat, poultry, fish, dairy, eggs; foods with added animal products, such as casein or whey, are generally avoided. Many vegans avoid foods that involve animal product–based processing agents such as some wine, some refined sugar, some beer, and some vinegar. |
| Raw foods | Vegetables, fruits, nuts, seeds, sprouted grains, sprouted beans, all consumed in the raw state; some adherents may use raw dairy products. | Meat, fish, poultry |
| **TRADITIONAL PLANT-BASED DIETS** | | |
| **Diet** | **Emphasizes** | **Limits** |
| Mediterranean | Fruits, vegetables, bread and other grains, potatoes, beans, nuts and seeds, olive oil, fish.  Dairy foods, chicken, fish consumed in moderate amounts. | Red meat. |
| Japanese | Rice, soy products (tofu, edamame), fish, root vegetables, green and yellow vegetables (including pickles), fruit, seaweed, mushrooms, green tea, fermented seasonings (soy sauce, miso, vinegar, mirin, sake, dashi). | Eggs, dairy products, and meat. |

**SAMPLE VEGAN MEALS**

|  |  |  |
| --- | --- | --- |
| Breakfasts | Lunches or Dinners | Snacks |
| * Oatmeal, walnuts, blueberries, soymilk, toast w/ jam * Scrambled tofu, sausages, braised mushrooms * Cornflakes, almond milk, strawberries * Bagels with cream cheese and soy curl bacon * Pancakes, sausage, stewed apples | * Hummus wrap * Lentil soup and salad * Veggie burger and salad * Pasta primavera * Chick’n nuggets, Tater Tots, steamed broccoli * Spaghetti and meatballs * Cuban black beans and rice * Black bean burritos * Chick’n fajitas with sauteed vegetables * Tacos with ground veggie beef, shredded cheese, chopped tomatoes, sour cream * Baked beans, coleslaw, baked potato * Macaroni and cheese * Chili and cornbread | * Crackers and cheese * Rice cakes and almond butter * Energy bar * Cupcake * Trail mix * Smoothie * Apple and peanut butter * Soup cups * Popcorn * Baked pita chips and hummus |