The differences between vegetarian and vegan foods
What are the differences between vegetarian and vegan foods?

The names do sound the same, but there are differences.
vegan

vegetarian
Categories of 'vegetarians'

1. Ovo-vegetarians - include eggs but no dairy products in their diets;

2. Lacto-vegetarians - include dairy products but avoid eggs;

3. Lacto-ovo vegetarians - include both eggs and dairy products in their diets.
• Semi-vegetarians restrict the type of meat they consume
Vegans

• This is by far the strictest vegetarian sub-group or category.

• Vegans exclude all red meat, fish, poultry, dairy and other animal-origin foods, including eggs; they also generally avoid buying or using non-edible animal products such as leather.
Why should someone become a vegan?

- ethical commitment or moral convictions concerning animal rights
- the environment,
- human health,
- and spiritual or religious concerns.
The other benefits...

- Health

Most people who are body builders use non-vegetarian food to boost their protein levels. Medical sciences have proven that vegetarian or vegan food is more suitable to the human body's fuel requirements than the non-vegetarian variety. This may be the reason why more and more people adopt vegetarian diet in their life-style.
• Fiber
When you read about a healthy diet, you can read about including fibers in your life-style. Well, non-vegetarian foods do not include fiber. Vegetarians and vegan foods are useful for your body because they lower the incidence of cancer of intestinal tract, diabetes, hiatus hernia, coronary heart disease, diverticulitis, dental caries, piles, obesity and gallstones.
• **Price**

When you are going to have lunch or dinner, you will find, besides the easily chewable and digestible features of the vegetarian food, that the price can be a difference. Usually, the meaty and non-vegetarian foods are generally more expensive than veggie foods.
Symbols

Green button is for vegetarian products which don't have any kind of non vegetarian content.

Whereas red button is for non vegetarian contents. This symbol is universal and followed on each pack of food.
Humanitarian issues
Something that we should know....
• They are healthy for your body.

• Vegetarian food has the fibers that you need for a really healthy life.

• When it comes to pay the bill, vegetarian food will cost less than the non-vegetarian meal.

• Non-vegetarian foods are more widely available.
Why LOVE one but EAT the other?