

Types of Vegetarians

1. Semi Vegetarians

Consume fish, poultry, dairy products, and eggs. Do not consume red meat.

2. Lacto-Ovo Vegetarians

Consume dairy, eggs, and plant foods. Do not consume animal products.

3. Lacto Vegetarians

Consume dairy products and plant foods only.

4. Vegans

Consume only plant foods, and no animal products.

Health Benefits versus Health Risks

Benefits

A well planned vegetarian diet can be a model diet nutritionally. The vegetarian diet is typically low in fat and cholesterol, high in fiber, vitamins A, C, and folacin. The diet, along with other healthy lifestyle habits, such as no smoking, limiting alcohol intake, maintaining weight within a desirable range and increasing physical activity, will lead to the risk reduction of cardiac disease, high blood pressure, and possibly some cancers.

Risks

A poorly planned vegetarian diet, however, may lack sufficient amounts of important nutrients to maintain proper health. Iron deficiency anemia will eventually develop if your diet contains inadequate iron. Osteoporosis is more likely to result later in life is adequate amounts of calcium are not consumed. Vitamin B12 deficiency, although rare, can be a health risk for those vegetarians who