



EAP Wellness Letter

April 2014



Vegetarianism is a diet and lifestyle for those who believe it is animal cruelty or do it to better their health. There are many different types or levels of vegetarianism. Some vegetarians do not eat or associate with any types of animal products, while some just limit their meat intake.

Types/Levels:

Flexitarian - The Flexitarian diet consists of limiting all meat.

Pescatarian - The Pescatarian diet excludes red meat, poultry and fowl. They will consume fish and seafood.

Pollotarian - The Pollotarian diet excludes red meat, fish, seafood, eggs and dairy. They will consume poultry and fowl.

Lacto-Ovo-Vegetarian - The Lacto-Ovo-Vegetarian diet excludes red meat, fish, poultry and fowl. They will consume dairy products and eggs.

Ovo-Vegetarian - The Ovo-Vegetarian diet excludes red meat, fish, poultry, fowl and dairy products. They will consume eggs.

Lacto-Vegetarian - The Lacto-Vegetarian diet excludes red meat, fish, poultry, fowl and eggs. They will consume dairy products.

Vegan - The Vegan diet excludes animal products and by-products. This includes: red meat, fish, poultry, fowl, eggs, dairy, honey, beeswax, gelatin or other by-products. Animal products such as silk, leather, wool or fur are not used or worn. They also will not use products that are tested on animals.

Check out the Friday Facts for more information on vegetarian diets.

Source: www.vegetarian-nation.com



Friday Facts

April 4, 2014

The different types of *vegetarianism*



Flexitarian - The Flexitarian diet consists of limiting meat consumption. The Flexitarian diet is a common way for people to start vegetarianism, or to become more healthy. If people want to be a more serious vegetarian they can start with this diet to get used to eating less meat.

Pescatarian - The Pescatarian diet excludes red meat, poultry and fowl. They will consume fish and seafood. Pescatarians believe that sea animals suffer less because they are free range. Most will not buy farmed seafood and fish, but wild only. This diet sometimes is used as a transition to becoming a more strict vegetarian.

Everyone's diet preference is different. Do what is BEST for you!

Source: healthyeating.sfgate.com



Friday Facts

April 11, 2014

The different types of *vegetarianism*

Pollotarian - The Pollotarian diet excludes red meat, fish, seafood, eggs and dairy. They will consume poultry and fowl. Most Pollotarians buy their poultry from cage-free farms.

Lacto-Ovo-Vegetarian - The Lacto-Ovo-Vegetarian diet excludes red meat, fish, poultry and fowl. They will consume dairy products and eggs. Lacto-Ovo-Vegetarians believe that it is ok to consume eggs and dairy for the need of calcium and good cholesterol.

Everyone's diet preference is different. Do what is BEST for you!

Source: healthyeating.sfgate.com



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Friday Facts

April 18, 2014

The different types of *vegetarianism*

Ovo-Vegetarian - The Ovo-Vegetarian diet excludes red meat, fish, poultry, fowl and dairy products. They will consume eggs for the benefit of good cholesterol and protein.

Lacto-Vegetarian - The Lacto-Vegetarian diet excludes red meat, fish, poultry, fowl and eggs. They will consume dairy products. Just like other vegetarians, Lacto-Vegetarians do this diet for ethical and environmental reasons. The reason to keep dairy products in their diet is to avoid the risk of calcium deficiency.

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Source: healthyeating.sfgate.com



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Friday Facts

April 25, 2014

The different types of *vegetarianism*



Vegan - The Vegan diet excludes animal products and by-products. This includes: red meat, fish, poultry, fowl, eggs, dairy, honey, beeswax, gelatin or other by-products. Animal products such as silk, leather, wool or fur are not used or worn. They also will not use products that are tested on animals.

Why be a Vegan? Vegans claim it is for their health, compassion towards the animals, and the environment. Vegans believe that having a plant-based diet is more healthy because of less cholesterol, saturated fat and other problems associated with eating meat. Vegans feel there is no point in harming animals to eat or use them for products. Vegans also believe it is better for the environment as animal farming creates pollution.

**Everyone's diet preference is different.
Do what is BEST for you!**

Source: healthyeating.sfgate.com