

	Land Animal-Based Proteins	Fish	Dairy	Eggs	Fruit	Vegetables	Grains	Plant Based Oils/Fats
Flexitarian								
Vegetarian								
Pescatarian								
Lacto-Ovo Vegetarian								
Ovo-Vegetarian								
Lacto-Vegetarian								
Vegan								



Not included in diet



Included in diet in limited amounts



May or may not be included in diet