

Wellness Topic

Vegan vs. Vegetarian

Vegetarian

Vegetarianism is the practice of a diet that excludes meat (including game and slaughter by-products, fish, shellfish and other sea animals, and poultry).

A well-planned vegetarian diet can be adequate in protein and most other essential nutrients, but vitamin B-12 is a nutrient that is only naturally in animal-based foods, such as meat, poultry, fish, eggs and dairy products.

Veganism

Veganism is a philosophy and compassionate lifestyle whose adherents seek to exclude the use of animals for food, clothing, or any other purpose. Vegans endeavor not to use or consume animal products of any kind.

- Vegans do not consume meat, eggs, milk, honey or any food that is derived from animals.

Vegan diets, which exclude dairy products and eggs, need to obtain vitamin B-12 from fortified foods or supplements. Vegan diets can include calcium from fortified sources, such as fortified orange juice and soy milk. Vegans also miss out on the omega-3 fats found in fatty fish. Walnuts and flaxseed provide omega-3 fatty acids, but supplements can provide additional heart-healthy benefits to make up for the lack of seafood in the diet.