

Vegetarians exclude meat, poultry, seafood  
Some vegetarians include milk, dairy products  
and/or eggs

Vegans exclude all animal products including  
meat, poultry, seafood, milk, dairy products,  
eggs, honey, etc.

Both vegetarians and vegans avoid processed  
foods.

Vitamin B12 is found in animal products in  
substantial amounts so most  
vegetarians/vegans take a B12 supplement.  
B12 is essential for energy metabolism in cells,  
proper brain function, red blood cell formation.  
B12 deficiency can cause anemia, depression  
and fatigue.

Some vegetarians/vegans are Vitamin D and/or  
Iron deficient.

Men and some women who are  
vegetarians/vegans may need additional  
calcium, protein and/or magnesium.