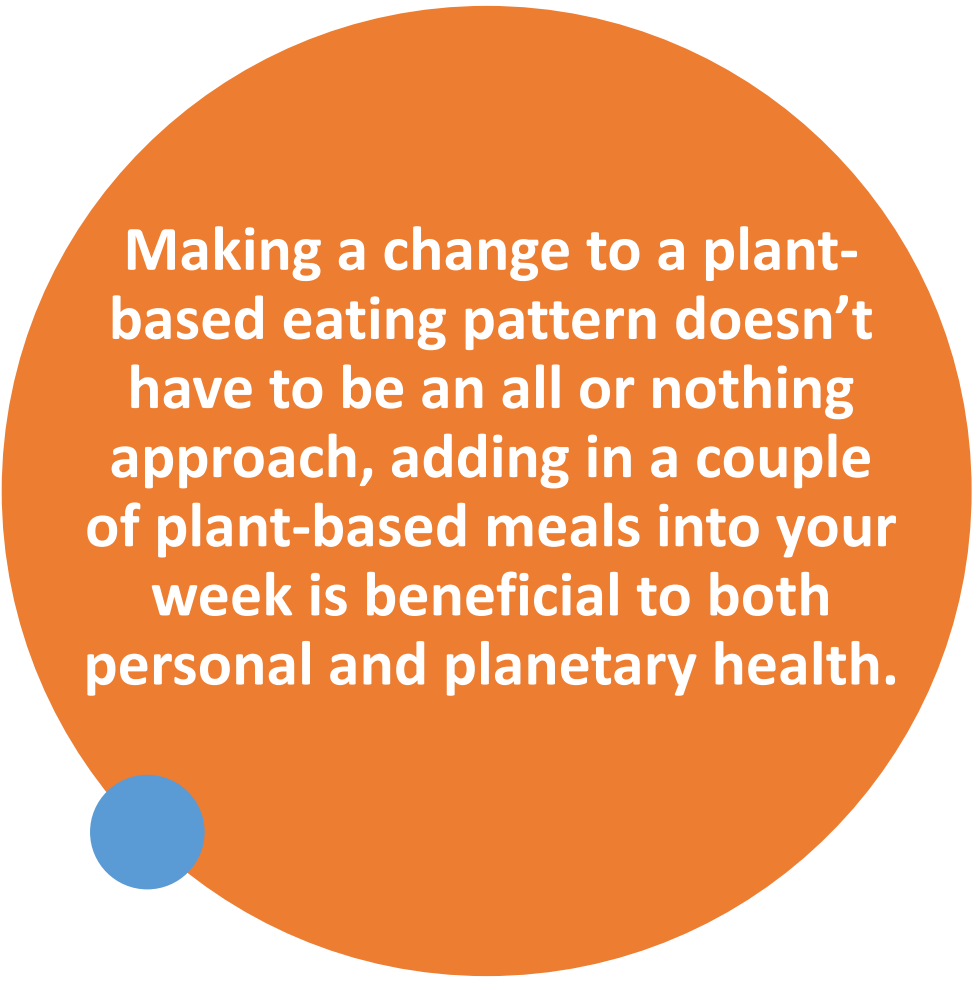



Understanding plant-based eating patterns





Making a change to a plant-based eating pattern doesn't have to be an all or nothing approach, adding in a couple of plant-based meals into your week is beneficial to both personal and planetary health.










Plant-based eating is a broad term which covers a range of eating patterns. It means most foods you eat are from plant sources, such as fruits, vegetables, wholegrains, seeds, nuts and legumes.

There are a range of plant based eating patterns, including:

- Lacto-ovo vegetarian
- Lacto vegetarian
- Vegan
- Pescatarian
- Flexitarian/semi-vegetarian

Do you know what they do and don't eat?

What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	 			
Lacto vegetarian				
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				









Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan		 		
Lacto vegetarian				
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				










Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan			 	
Lacto vegetarian				
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				











Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan				 
Lacto vegetarian				
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✘	✘	✘	✘
Lacto vegetarian	<u>✘</u> <u>✓</u>			
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	<u>✗</u> <u>✓</u>		
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✘	✘	✘	✘
Lacto vegetarian	✘	✘	<u>✘</u> <u>✓</u>	
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✘	✘	✘	✘
Lacto vegetarian	✘	✘	✔	<u>✘</u> <u>✔</u>
Lacto-ovo vegetarian				
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	<u>✗</u> <u>✓</u>			
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	<u>✗</u> <u>✓</u>		
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	<u>✗</u> <u>✓</u>	
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	<u>✗</u> <u>✓</u>
Flexitarian/ semi-vegetarian				
Pescatarian				






Try Again



Correct!








What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	<u>✗</u> <u>✓</u>			
Pescatarian				

Sometimes!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	Sometimes	<u>✗</u> <u>✓</u>		
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✘	✘	✘	✘
Lacto vegetarian	✘	✘	✔	✘
Lacto-ovo vegetarian	✘	✘	✔	✔
Flexitarian/ semi-vegetarian	Sometimes	✔	<u>✘</u> <u>✔</u>	
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	Sometimes	✓	✓	<u>✗</u> <u>✓</u>
Pescatarian				






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✘	✘	✘	✘
Lacto vegetarian	✘	✘	✔	✘
Lacto-ovo vegetarian	✘	✘	✔	✔
Flexitarian/ semi-vegetarian	Sometimes	✔	✔	✔
Pescatarian	<u>✘</u> <u>✔</u>			






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	Sometimes	✓	✓	✓
Pescatarian	✗	<u>✗</u> <u>✓</u>		






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	Sometimes	✓	✓	✓
Pescatarian	✗	✓	✗ ✓ — —	






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	Sometimes	✓	✓	✓
Pescatarian	✗	✓	✓	<u>✗</u> <u>✓</u>






Try Again



Correct!



What do we eat?

 Eating pattern	 Meat	 Fish/Seafood	 Dairy	 Eggs
Vegan	✗	✗	✗	✗
Lacto vegetarian	✗	✗	✓	✗
Lacto-ovo vegetarian	✗	✗	✓	✓
Flexitarian/ semi-vegetarian	Sometimes	✓	✓	✓
Pescatarian	✗	✓	✓	✓