

# Vegetarian Diet Information

Healthy Weight Loss & Diet Advice for Lacto-Ovo Vegetarians and Vegans in 2014  
Articles on Weight Loss and Dietary Nutrition, Plus Advice on Vegetarian Foods and Free Recipes



The *Vegetarian Society* uses two definitions of a vegetarian:

1) A vegetarian is someone that lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with, or without, the use of dairy products and eggs.

Or

2) A vegetarian does not eat meat, poultry, game, fish, shellfish or crustacea, or by-products of slaughter.

This website will help you discover a whole lot more about vegetarianism. Just follow the links below.



▲ [Vegetarian Introduction](#)

▲ [Dietary Guidelines](#)

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## easy to follow rapid weight loss diet

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