



# Vegetarianism

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Vegetarianism  
is when  
people eat  
all products,  
except fish  
and meat.



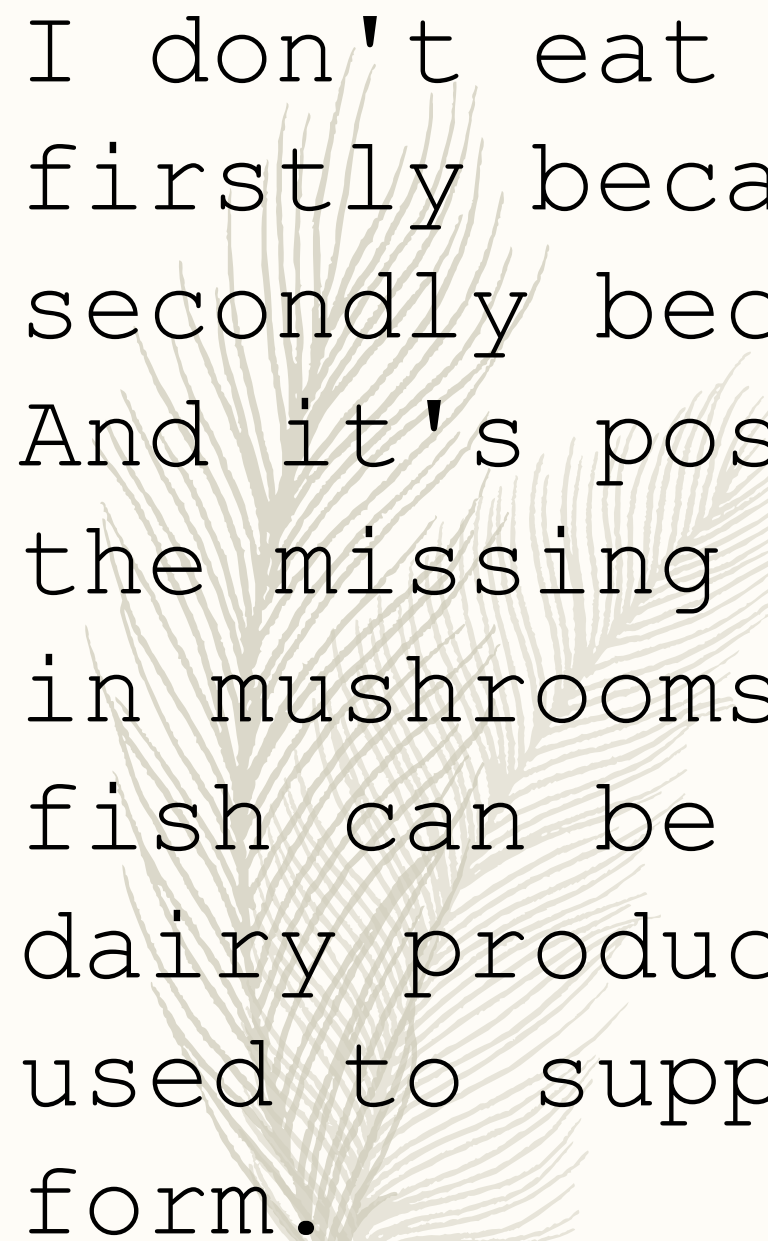
At first, it's not healthy food, it's rather moral principles. Every year people kill plenty of animals for a new delicacy, for what?



Similarly, a man can become a vegetarian, not of his will, people who are suffering from diabetes mellitus, heart disease, and different digestive diseases are relinquishing fish and meat products.

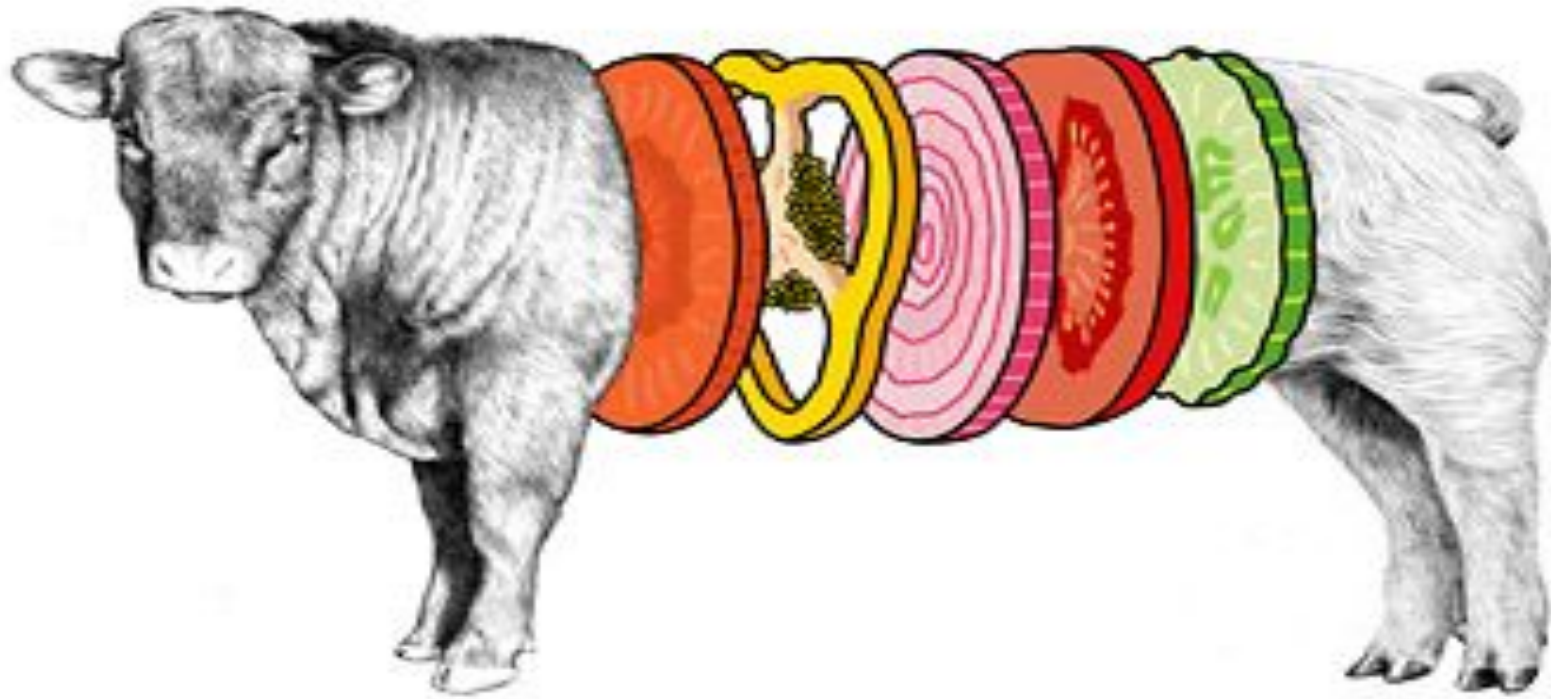


Economic problems, for example, when money is scarce for these products, people are moving to vegetarianism.



I don't eat fish and part of the meat, firstly because I don't like it, and secondly because of moral principles. And it's possible to live without it, the missing meat protein can be taken in mushrooms, beans, and nuts, and the fish can be replaced by soybean and dairy products, and vitamins can be used to support the organism in the form.

There are also subspecies of  
vegetarianism: Vegan,  
Laktovegetarianism, Ovovegetarianism,  
Laktoovovegetarianism.

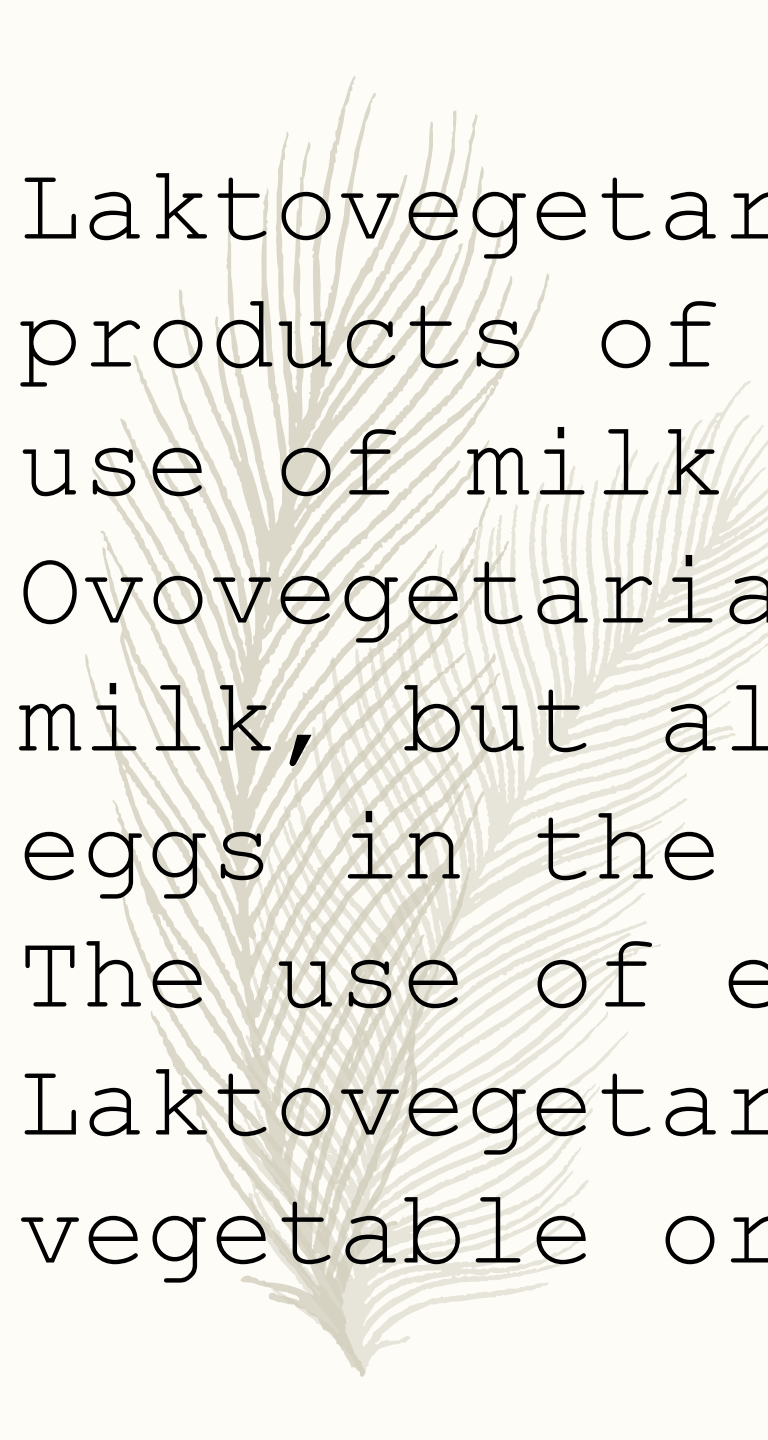


Vega consumes only vegetable products (excluding meat, fish, poultry, eggs and dairy products).

Most vegans also do not wear fur and skin and don't use animal-tested cosmetics.







Laktovegetarianism, together with products of vegetable origin, allow the use of milk and dairy products.

Ovovegetarianism excludes the use of milk, but allows for the presence of eggs in the diet.

The use of eggs and milk is also Laktovegetarianism, except food of vegetable origin.