Vegetarian vs. Vegan Diets

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Good morning, UNAN! Today is Friday, May 24th, 2019.

There are many types of diets. Today I want to explain the difference between a vegetarian diet and a vegan diet. A vegetarian is a person who does not eat animals. They do not eat meat, such as beef, chicken or pork. They also do not eat fish or seafood. Vegetarians eat vegetables, fruits, grains, beans, nuts and seeds. They can also eat eggs, and dairy products, such as milk, cheese and yogurt. A vegan diet is the strictest type of vegetarianism. A vegan is a vegetarian who does not eat anything that comes from animals. Therefore, they do not eat eggs since eggs come from chickens. They do not eat cheese or drink milk because milk comes from cows. They don't even eat honey because honey comes from bees. Vegans mostly eat plant-based foods.

Why do some people become vegetarians or vegans? People go on diets for many different reasons. Some Hindu and Buddhist religions practice vegetarianism. Other people choose to become vegetarians for health reasons. But most people choose to become vegetarians for moral reasons. They don't like eating animals because they don't want to kill them for food.