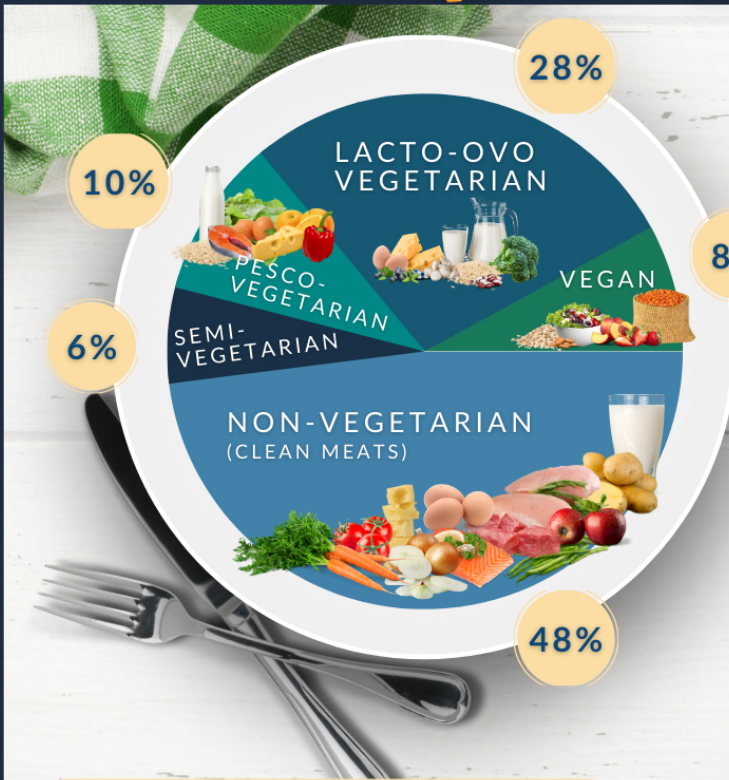


SEVENTH-DAY ADVENTIST Diet

What foods might you find on their plates?

EMPHASIZE A WHOLE-FOOD PLANT BASED DIET



VEGAN



- Fruits, vegetables, legumes, grains, nuts, seeds, herbs, vegetable oils



- No dairy & eggs



- No red meat, fish, or poultry

LACTO-OVO VEGETARIAN



- Eats all food a vegetarian eats



- Dairy & eggs



- No red meat, fish, or poultry

SEMI-VEGETARIAN



- Mostly vegetarian
- <1x/week will eat clean meats



- Fruits, vegetables, legumes, grains, nuts, seeds, herbs, vegetable oils



- Dairy & eggs

NON-VEGETARIAN

CLEAN MEATS:



- Non-birds of prey that do not scavenge
 - Chicken, turkey, duck, pheasant, quail



- Mammals that chew the cud & have cloven hooves
 - Cow, goat, sheep, deer



- Fish with fins & scales
 - Salmon, trout, bass, tuna

PESCO-VEGETARIAN



- Eats all food a vegetarian eats



- Clean fish



- Dairy & eggs



- No red meat or poultry

UNCLEAN MEATS:



- Abstains from eating unclean meats
 - Pork, shellfish, rabbit, birds of prey

(For a complete list, see Lev. 11 & Deut. 14)