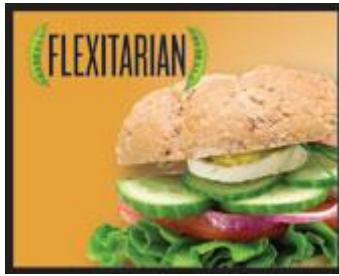


Be a Flexitarian



What is a Flexitarian?

This is fairly a new term, which stems from a combination of the words "flexible" and "vegetarian." This type of lifestyle simply means eating more plant-based meals and less meat.

There's plenty of scientific evidence to support the healthfulness of a diet made up mostly of plant foods. Studies show that vegetarians live longer and, on average, weigh 15% less than non-vegetarians.

If you are not quite ready to embrace a full vegetarian diet, you may find it fairly easy to transition by reducing your meat consumption - which is also environmentally and economically smart.

If you are interested in seeing more vegetarian options in your school cafeteria, please reach out to the food service director.



Types of Vegetarians:

Vegans avoid all animal products, including eggs, dairy, and honey. Many vegans also avoid anything made from animal products, such as leather, fur, and wool.

Fruitarianism eat only fruits, seeds, nuts, and other plant components that can be gathered without harming the plant.

Lacto-vegetarians eat dairy products, but not eggs.

Lacto-ovo vegetarians eat both eggs and dairy products.

Pesce-vegetarians include fish in their diet.

Pollo-vegetarians eat fowl, such as chicken and turkey, but avoid red meat and pork.

Flexitarians mainly eat vegetarian food, but will occasionally make exceptions.