

Note: The Outline is the same as notes located within the PowerPoint

SLIDE 1 TITLE SLIDE

SLIDE 2 EATING STYLES

Only some of the many, many eating lifestyles that exist today

SLIDE 3 WHY CHANGE YOUR EATING LIFESTYLE?

Discuss reasons why someone may want to change their eating lifestyle. Possible ideas include:

- Personal health e.g., losing weight, lower risk of disease
- Budget e.g., meat is usually more expensive than other food options
- Environmental e.g., reduce carbon footprint, reduce water use of animal farm industry
- Ethical e.g., animal welfare, animal rights

SLIDE 4 VEGAN

Definition: a plant-based diet that excludes meat and animal products and by-products (e.g., eggs, dairy products, honey)

Does not eat: meat, animal products/by-products (dairy, eggs, honey, gelatin)

SLIDE 5 VEGETARIAN

Definition: a plant-based diet that excludes meat

A lot of people know the word “vegetarian,” but few people know that there are different **types** of vegetarian diets!

SLIDE 6 TYPES OF VEGETARIAN

Lacto Vegetarian

Definition: eats dairy products from animal but will not eat the actual animal itself

Tip for remembering: ‘lacto’ means ‘of or relating to milk’ *e.g., lactose intolerant*

Does not eat: Red/white meats, fish, poultry, eggs

Ovo Vegetarian

Definition: eats egg products from animal but will not eat the actual animal itself

Tip for remembering: ‘ovo’ means ‘of or relating to egg’ *e.g., ovary*; Eggs are oval-shaped!

Does not eat: red/white meats, fish, poultry, dairy

Lacto-ovo Vegetarian:

Definition: most common vegetarian; eats dairy & egg products from animal but will not eat the actual animal itself

Does not eat: red/white meats, fish, poultry

SLIDE 7 FLEXITARIAN

Definition: eats mainly plant-based and occasionally consumes meat products; aka semi-vegetarianism

Tips for remembering: If you're flexitarian, you're *flexible* with the amount of meat you eat.

Mottos: Once a week, skip the meat; Meatless Monday

SLIDE 8 TYPES OF FLEXITARIAN

Pescetarian

Definition: eats mainly plant-based diet; consumes seafood and **fish**

Tip for remembering: 'pesce' means 'fish'

Does not eat: all other meat except seafood and fish (e.g., red meats, poultry)

Pollotarian

Definition: eats mainly plant-based diet; consumes poultry

Tip for remembering: 'pollo' means 'chicken' e.g., poultry

Does not eat: all other meat except poultry (e.g., red meats, seafood, fish)

SLIDE 9 PALEOLITHIC AKA PALEO

Definition: eats foods available to prehistoric humans during the Paleolithic era (2.5 million-10,000 years ago)

Also called: Caveman Diet or Stone Age Diet

Does not eat: processed foods: sugar, wheat, dairy products, legumes, grains, salt, processed oils