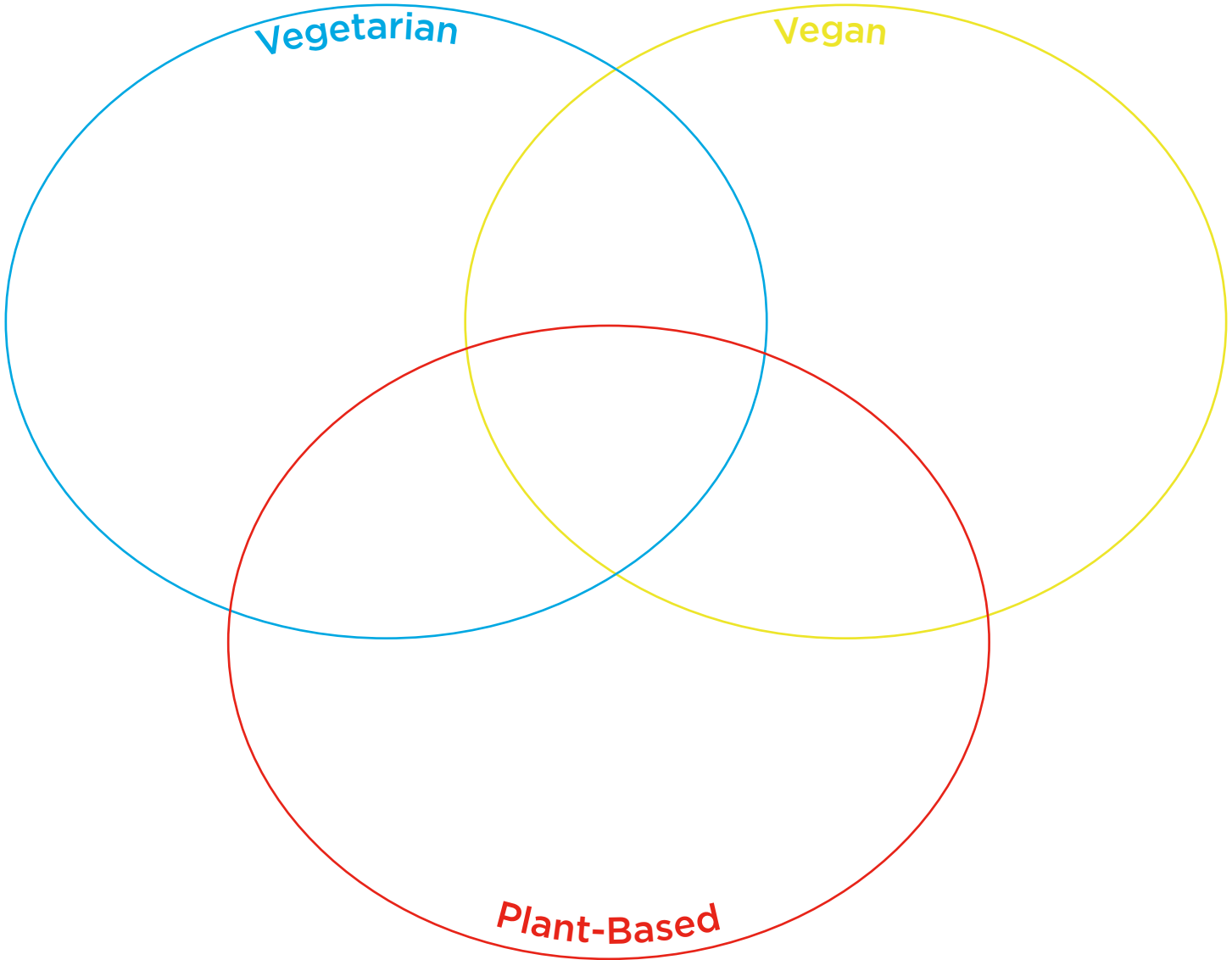


# ▶▶▶ VEGG DIAGRAM ▶▶▶

Cut out the facts at the bottom of the page then paste them in the correct spot.  
Each fact should be placed only in circles the fact is true for!  
Read the "Vege-what?" blog for help!



A variety of dark leafy greens  
**Tip:** Center at least 1 meal around a big salad full of 5 or more different types of vegetables.

The foundation of each eating style consists of fruits, vegetables, nuts, seeds, grains, and heart healthy oils

Fish, eggs, milk  
**Tip:** Incorporate fish rich in Omega 3's such as Salmon, Tuna, Trout 1-2 times a week for heart health.

Plant Based milk and dairy items  
**Tip:** Choose milks that are enriched with calcium, vitamin B-12, and vitamin D.

**Plant-Based**  
Includes fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, spices and may or may not include the seldom intake of animal or dairy products.

**Vegan**  
Avoids all animal based/made products such as meat, fish, fowl, dairy, egg products, and honey.

**Vegetarian**  
Can include a variety of vegetarian such as  
• lacto-vegetarian  
• lacto-ovo-vegetarian  
• Ovo-vegetarian