



An ovo-lacto vegetarian (or lacto-ovo vegetarian) is a vegetarian who does not eat any meat, fish, or poultry, but includes eggs and dairy products.

Ovo-lacto vegetarian?lacto-ovo vegetarian(????????)????????????????????????????

A pollotarian (aka a pollovegetarian or a pollo-vegetarian) is someone who will not eat the flesh of any red meat mammals, but does include chicken, turkey and other poultry.

??(??)?????(?pollovegetarian?pollo-vegetarian)????????????????????????????

Pescetarian refers to a person who supplements a vegetarian diet with fish.

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fruitarian is someone whose diet includes raw fruits, seeds, and nuts but no vegetables, grains, or animal products.

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Climatarian means choosing to eat a diet that has minimal impact on the climate, i.e. one that excludes food transported a long way or meat whose production gives rise to CO2 emissions.

?????(climatarian)????????????????????????????????????????????????????

????????????????????(libral vegetarian)????????????????????????????????(ascetic vegetarian)????????????????????????????????????????????(Lacto vegetarian)????????????????????????????(Ovo vegetarian)????????

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