

Additional Guidelines for Vegetarian and Vegan Meal (updated 7th September 2021)

You can have at least three types of vegetarian diet and it's important that the candidate identifies which **life choice diet** she is making then it is easier for the judge to know what to look for.

Lacto - vegetarian **will eat** dairy products such as milk, cheese etc. but will not eat meat, fish, poultry or eggs.

Ovo -vegetarian **will eat** eggs but will not eat meat poultry, seafood or dairy

Lacto- ovo - vegetarian **will eat** eggs and dairy.

Pesco- vegetarian **will eat** all fish including shell fish but will not eat any animal flesh.

Vegan diet has no animal or animal derived products such as eggs, milk, gelatin, carmine E120 (food colouring from beetles) albumin, whey, casein and in some cases honey.

Planning is important in these life choices of diets. Poorly planned diet can result in certain nutrient deficiencies such as iron, calcium, zinc, Vit D and Vit B12.