

Ernährungsarten im Vergleich

		FREEGANER	FLEXITARIER	ROHKÖSTLER	PESCETARIER	PUDDING-VEGETARIER	VEGETARIER	LACTO-VEGETARIER	OVO-VEGETARIER	VEGANER	FRUTARIER
Fleisch		●	●	●	●	●	●	●	●	●	●
Fisch		●	●	●	●	●	●	●	●	●	●
Meeresfrüchte		●	●	●	●	●	●	●	●	●	●
Milch		●	●	●	●	●	●	●	●	●	●
Eier		●	●	●	●	●	●	●	●	●	●
Honig		●	●	●	●	●	●	●	●	●	●
Gemüse		●	●	●	●	●	●	●	●	●	●
Früchte		●	●	●	●	●	●	●	●	●	●