

Types of Vegans & Definitions



Vegan

A diet devoid of all animal products, and by-products. Nothing from an animal, plants only - dietary to lifestyle.

Example: no beef, chicken, fish, and all forms of meat. Dairy, including milk from cows, goats, etc. No butter, cheese, cow/goat yogurt, etc. This also includes whey, casein, clarified butter, milk solids, lactate, and lactose. Vegans don't wear leather, suede, and other materials made from animals. They don't use animal based products in shampoo, wine, beer, cleaning supplies, etc.

For strict vegans this includes a diet free from bee products as well - such as:



Honey



Propolis



Royal Jelly



Beeswax



Honeycombs

Some vegans may still include these products when confident they are produced by ethical sources and that bees aren't harmed or endangered in making products.

Plant-Based/Flexitarian

A whole-foods diet comprised of plants. May also contain low to zero amounts of animal products. This approach isn't strictly vegan. Products from animal sources may still be used, such as leather, and may include bee products - unlike a strict vegan. It's a more flexible approach for those wanting to eat more plants and less animal products, though not ready to give up all animal products such as a down feather comforter and pillows, petroleum based products like vaseline and cosmetics - and a host of other products that contain animal products.

Raw Vegan

Vegetable, fruits, nuts and seeds that are not heated above 118 degrees and contain no animal products or by products.

High Raw

High in raw food, low in cooked food.

Junk-Food Vegan

Tends to eat vegan more for animal rights ethical purposes, from packages rather than whole-foods.

Healthy Vegan

Eats vegan for personal, planetary, and environmental health based on whole foods that support human, plant, and animal eco systems.

Ethical Vegan

Considered a "philosophical belief", ethical veganism is protected under law in the UK. This person may also eat as a healthy, junk-food, raw vegan, plant-based, etc., depending on preference.

Herbivores

Animals that only eat plants. Apes, hippopotamus, monkeys, cows, horses, camels, zebra, deer, sheep, llama, and some dinosaurs. Plus birds, insects, turtles, tortoises, and some fish.