**Pescatarian**, or someone who follows a pescatarian way of eating, maintain a vegetarian diet with the addition of fish and other seafood such as shrimp, clams, crabs, and lobster. ... That's not all they eat. Pescatarians also eat mainly vegetarian foods such as tofu, beans, vegetables, fruits, dairy, and grains.

A true **Vegetarian eats** no meat at all, including chicken and fish. A lacto-ovo vegetarian eats dairy products and eggs, but excludes meat, fish, and poultry. It follows, then, that a lacto vegetarian eats dairy products but not eggs, whereas an ovo vegetarian eats eggs but not dairy products.

**Veganism** is a type of vegetarian diet that excludes meat, eggs, dairy products, and all other animal-derived ingredients. Many vegans also do not eat foods that are processed using animal products, such as refined white sugar and some wines.