

Are you a vegetarian? Yes Yes No No May be Don't Know

By: Surinder Jain.

Many of us including some of the most powerful men of the world are either blind or skeptic to the impending doom known in popular folklore as Climate change. But the good news is that many of us are not only aware of a heating earth but are also willing to do our fair share, even if it is inconvenient or down right unpleasant.



Soup

While the powerful but ignorant are trying to change everyone else in the world to suit them, the wise men and women among us change themselves to adopt to an ever changing world. No wonder millions have made a switch to Eat Less Meat as Meat production is one of the causes of unacceptable levels of green house gases in the atmosphere. Many of the wise have turned to become a vegetarian while billions in China, India and many Asian countries need to be influenced to continue their vegetarian life style.

If you want to help the environment or have already decided to Eat Less Meat you can easily do so by becoming a vegetarian for some or all seven days of the week. Religious minded can choose their holy day to be a vegetarian for the day.

There is no single definition of vegetarian that is acceptable to all. While all these definitions are helpful to the environment (than not Eating Less Meat), it is important to know these definitions. You can choose an *Eat Less Meat* life style from one of the following options.

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Type of Vegetarian	Exclusions and Inclusions	Motivation	Impact on Climate change
Vegan	Only plant based food, no products derived from animals. Even sea animals, Milk, Leather and eggs are excluded.	Reduce cruelty to and exploitation of animals	Very High positive impact on the environment but some Vegans may need supplements of Iron and Vitamin B12
Lacto-Vegetarian	Meat (and Fish) is excluded however milk and other animal products which are obtained without killing/harming the animal are included	Reduce cruelty to animals.	High positive impact on climate change. A balanced Lactose-vegetarian diet does not require any other supplements.
Pure Vegetarian	Same as Lact-vegetarian but ensuring that there is absolutely no contamination or contact with animal flesh. Thus cheese produced with rennet and many similar products are excluded.	Reduce cruelty and violence to animals and religious reasons.	Higher positive impact on climate change than Lacto-vegetarian but less than Vegan. A balanced Pure vegetarian diet does not require any other supplements.
Jain Vegetarian	Same as Pure vegetarian but excluding root plants and <i>tamasic</i> (even mildly intoxicating) food.	Reduce cruelty and violence to animals as well cruelty to plants. Avoid plant food where the plant has to be killed to obtain food from it. More ethical than Pure vegetarian and better for mental and physical health.	Higher positive impact on climate change and on plant life. A balanced Lactose-vegetarian diet does not require any other supplements.

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Ovo-Vegetarian	Meat (and Fish) and Milk is excluded however Eggs are included	Ovo-vegetarians believe that eggs dont have life and therefore eating them is less voilent.	Moderate impact on climate change.
Lacto-Ovo-Vegetarian	Meat (including Fish) is excluded however Milk and Eggs are included.	Health and reduce cruelty.	Moderate impact on climate change.
Pescetarian	Includes fish or other seafood, but not the flesh of other animals.	Health and reduce cruelty.	Somewhat reduced but significant impact on climate change

So, choose a vegetarian lifestyle that motivates you and is compatible with your current lifestyle. Make an effort to climb up the ladder and have maximum positive impact on climate change. Once you feel Ok, try to increase the number of days you are following Eat Less Meat. Those trying to change others are less successful than those who try to change themselves.

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