BALANCED vs VEGETARIAN vs VEGAN DIETS

No dietary restrictions and includes grains, fruits, vegetables, meat, and dairy.

Pros:
- Lean meat has shown to lower blood pressure (Rodriguez)
- High levels of Calcium

Cons:
- Processed meats have been linked to an increase in Colon cancer
- Potential increase in Cardiovascular Disease (Campbell)

All meats including fish and chicken excluded in diet. Diet includes fruits, vegetables, grains, dairy, and eggs.

Pros:
- Refraining from meat is kinder to the environment (Ha et al)
- Lower blood concentrations of total cholesterol

Cons:
- Lower levels of high density cholesterol levels
- Harder to get essential Omega 3 Fatty Acids

All animal products excluded including anything made with eggs or dairy. High in fruits in vegetables.

Pros:
- Same benefits of vegetarians plus:
  - High Iron levels seen in this diet (Clarys)
  - Decreased risk of some cancers

Cons:
- Extremely restrictive
- Expensive

