



Defining Plant-Focused Diets

CRITERIA	VEGETARIAN	PLANT-BASED	WHOLE FOOD PLANT-BASED	VEGAN	WHOLE FOOD VEGAN
Fruits and Vegetables	✓	✓	✓	✓	✓
Whole Grains	✓	✓	✓	✓	✓
Legumes	✓	✓	✓	✓	✓
Meat, Poultry, Fish	✗	✓	✓	✗	✗
Dairy and Dairy Products	✓	✓	✓	✗	✗
Highly Processed/Refined Foods (Olive oil, white flour, etc)	✓	✓	✗	✓	✗
Packaged/Convenience Foods (Fake meat, etc)	✓	✓	✗	✓	✗
Other Animal Products (Leather, wool, etc)	✓	✓	✓	✗	✗