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Summary:

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Vegetarian diet: How to get the best nutrition - Mayo Clinic But vegetarian diets vary in what foods they include and exclude: Lacto-vegetarian diets exclude meat, fish, poultry and eggs, as well as foods that contain them. Dairy products, such as milk, cheese, yogurt and butter, are included. Ovo-vegetarian diets exclude meat, poultry, seafood and dairy products, but allow eggs.