

Distinguish, differentiate, compare and explain what is the Difference between Vegan and Vegetarian. Comparison and Differences.

## **Difference between Vegan and Vegetarian**

1. A vegan is a person that does not consume any product that is derived from animals. These products include dairy products and other animal products. A vegetarian is a person who does not consume meat, poultry, seafood or fish. A vegetarian can consume dairy products but do not eat fish, meat and poultry.
2. Vegan can be termed as a lifestyle of living whereas Vegetarian is a type of diet.

Steady Run