

## Pescatarian vs Vegetarian (vsdiff.com)

Aspect	Pescatarian	Vegetarian
<b>Primary animal foods</b>	Fish and seafood (plus plant foods)	No meat or fish; may include eggs/dairy
<b>Common subtypes</b>	Often overlaps with <i>Mediterranean-style</i> patterns	Lacto-ovo, lacto, ovo, and pescatarian-excluded variants
<b>Key nutrient differences</b>	Higher <b>EPA/DHA</b> (marine omega-3s); variable iron	Lower direct <b>EPA/DHA</b> ; more reliance on fortified foods or supplements
<b>Typical motivations</b>	Health, environmental compromise, taste preference	Ethics, religion, health, environment

Source: <https://vsdiff.com/pescatarian-vs-vegetarian/>