

Vegan vs Vegetarian (vsdiff.com)

Aspect	Vegan	Vegetarian
Definition	No animal products (no meat, dairy, eggs, or honey)	No meat , but <i>often</i> allows dairy and/or eggs
Typical nutrients to watch	Vitamin B12, iron, omega-3s, calcium	B12 (if no eggs/dairy), iron, saturated fat (if dairy-heavy)
Common motivations	Ethics, environment, health	Health, tradition, partial ethics
Practical implications	More label-reading; possible fortified foods/supplements	Greater convenience in many settings (dairy/eggs common)

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