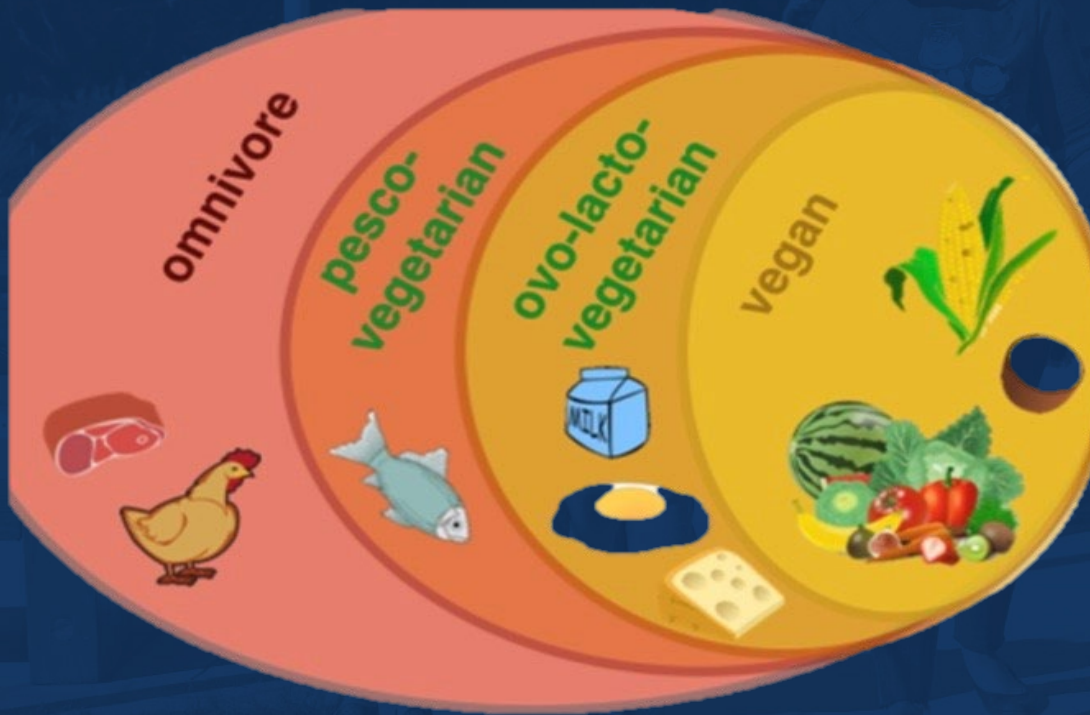


Parent/Student Resource

I am an Omnivescolactovegan.....???



Animal Base-----Plant Base

Here is a glance at different choices of diets. Choosing what base of diet you want for yourself can be influenced by religion, family, health or experimental.

Try to research to find which one has the right choices for the way you want to eat along with your health needs.

