

Vegetarianism

Etymology

The word vegetarian has been in use since 1839, referring to what was previously described as "vegetable diet". It is commonly believed to be a compound of vegetable and the suffix -arian (as in agrarian). The term was popularised with the foundation of the Vegetarian Society in Manchester, UK in 1847. The earliest occurrences of the term seem to be related to Alcott House, a school on the north side of Ham Common, London, opened in July 1838 by James Pierrepont Greaves. From 1841, it was known as A Concordium, or Industry Harmony College, from which time the institution began to publish its own pamphlet, "The Healthian", which provides some of the earliest occurrences of the term "vegetarian".

Who are vegetarians?

Vegetarianism is the practice of not eating meat or fish. People who follow vegetarianism are called vegetarians. Vegetarians eat foods like vegetables, fruit, nuts, beans and grains. Some vegetarians eat or drink animal products, like milk and eggs. They are called lacto-ovo vegetarians. Vegetarian people may like tofu, falafel and other meat substitutes.

History of vegetarianism

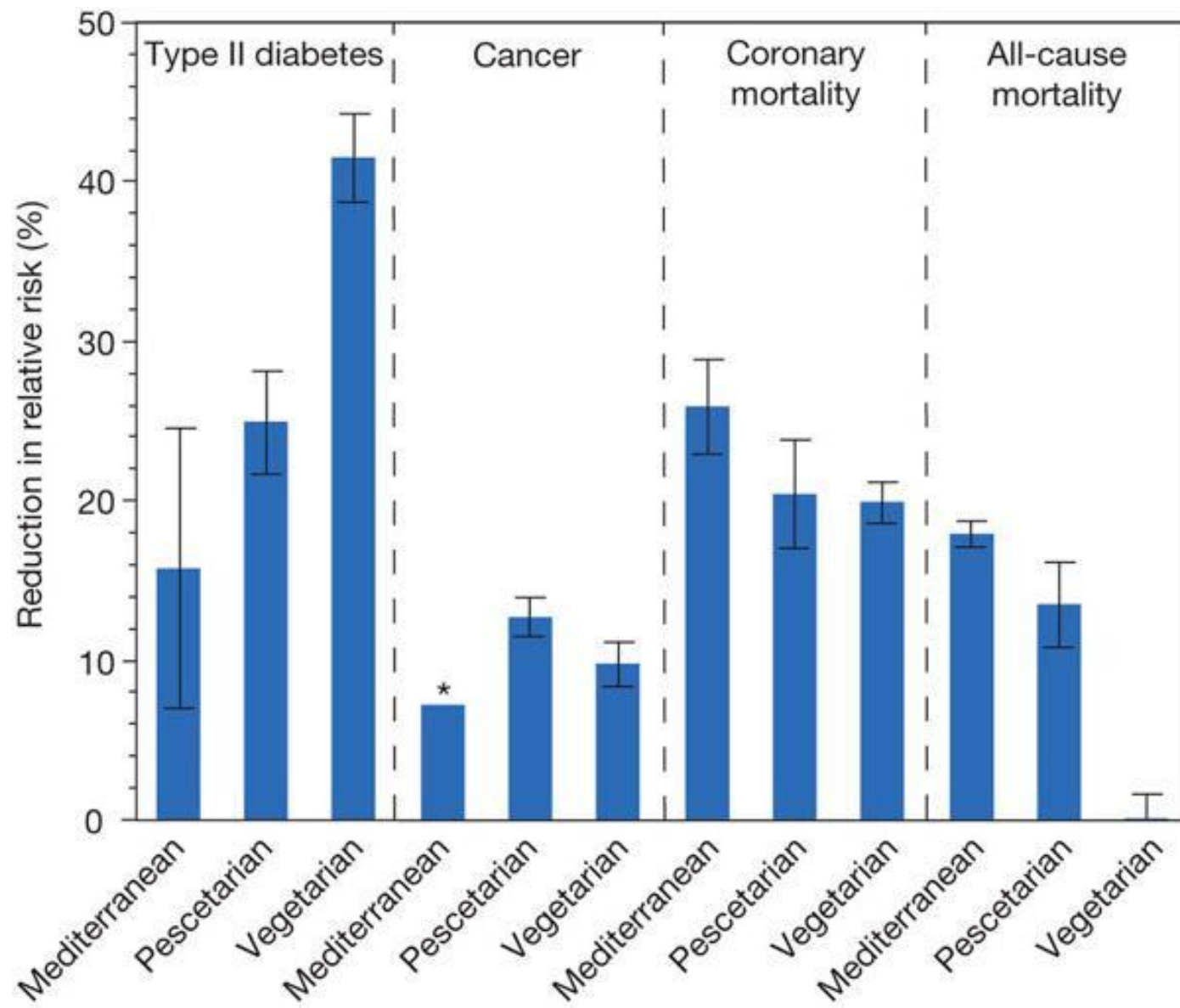


| Diet Name | Meat (includes fowl, fish, sea food) | Eggs | Milk | Honey |
|-------------------------|---|------|------|-------|
| Lacto-ovo vegetarianism | No | Yes | Yes | Yes |
| Lacto vegetarianism | No | No | Yes | Maybe |
| Ovo vegetarianism | No | Yes | No | Maybe |
| Vegetarian | No | No | No | Maybe |
| Veganism | No | No | No | No |

Ниже приведены некоторые из МОТИВОВ, которые побуждают людей к вегетарианству

- ▶ Ethical (moral)
- ▶ Medical
- ▶ Religious persuasions
- ▶ Economic
- ▶ Ecological
- ▶ Other

Влияние вегетарианства на здоровье



Famous vegetarians:

