Different Types of Diets (B1 Level)

Vegetarian Diet

People do not eat meat or fish. They eat vegetables, fruit, beans, eggs, and dairy products.

Vegan Diet

People do not eat any animal products. They eat only plant-based food.

Mediterranean Diet

This diet includes vegetables, fruit, fish, olive oil, and whole grains. Red meat is eaten less.

Low-Fat Diet

People avoid fatty and fried food. They eat more fruit, vegetables, and lean meat.

Low-Carb Diet

People eat less bread, rice, and pasta. They eat more protein like meat, fish, and eggs.

Keto Diet

This diet is very low in carbohydrates and high in fat. It helps the body burn fat.

Pescatarian Diet

People do not eat meat, but they eat fish and seafood.

Balanced Diet

This diet includes all food groups and helps people stay healthy.