



What's the difference?

Being vegan means avoiding animal products of any kind, including eggs, dairy, and honey. The focus is on avoiding any exploitation of animals. Vegetarians, on the other hand, do not eat animals, but they may choose to eat products produced by animals, such as dairy and eggs. In essence, vegetarianism means avoiding products directly related to animal slaughter. Veganism is fairly straightforward, with no modifications readily available. However, there are different types of vegetarianism: lacto-ovo, lacto, ovo, pescio.

- **Lacto-ovo** vegetarianism is the most common form of vegetarianism. These vegetarians avoid meat, poultry, and seafood, but eat eggs and dairy.

- **Lacto** vegetarians avoid eggs, meat, poultry, and seafood, but will eat dairy products.

- **Ovo** vegetarians avoid dairy, meat, poultry, and seafood, but will eat eggs.

- **Pescio** vegetarians do not strictly meet the definition of vegetarians, as they will eat fish and seafood but no meat or poultry.

COMMON MARKET CO+OP

At the Common Market, we understand every customer has different dietary needs. We strive to help our customers find the products that will best meet their needs. For vegan and vegetarian diets, it is important to check the labels on food products to ensure you are purchasing a product that meets the guidelines.



LOCAL starts here.

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Everyone Welcome!

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Vegan
OR
Vegetarian?



Why choose being vegan or vegetarian?

These diets may be chosen because of health concerns or for moral or religious reasons. Moral reasons tend to include being passionate about animal welfare.

Other considerations

Vegans will often also avoid fabrics or other products made from animal products or animal byproducts. This includes looking for cruelty-free cosmetics and other beauty items. Also, some vegans do not eat honey because it comes from bees, while other vegans allow honey in their diets.

It is important to understand food labels when choosing either of these diets, as even foods that seem animal-free may contain small amounts of animal product. It is also important to find out how restaurant food is prepared before ordering, as soups and sauces may not contain meat but may be made with beef or chicken stock. Many restaurants ask that those with dietary restrictions inform their server of the restriction before placing an order, and some may even offer food options specifically for vegetarians and/or vegans.

All items featured in the brochure are vegan and vegetarian friendly.

Plant-Based Protein

Protein intake is a concern for those choosing a vegan diet due to the lack of meat products. Here are some suggested sources of protein:

Tofu • Tempeh • Seitan • Lentils • Beans • Farro • Quinoa • Flax Seeds • Chia Seeds • Nuts
Nut butters • Chickpeas • Nutritional Yeast • Spirulina

AVOID: Meat products

Calcium

Calcium typically comes from dairy products, but here are some common vegan calcium sources:

Soy Milk • Rice Milk • Tofu • Tahini • Almonds • Almond Butter • Kale • Collard Greens • Calcium-Enriched Orange Juice

AVOID: Dairy products

Dairy Substitutes

Almond Milk • Soy Milk • Rice Milk • Oat Milk
Cashew Milk • Soy Yogurt • Coconut Yogurt • Almond Milk Yogurt • Soy Butter • Dairy-Free Cheese • Alternative Milk Ice Creams

AVOID: Dairy, butter, yogurt, cheese



Our full-service café offers many vegan and vegetarian options on the hot bar and the made-to-order menu. Some sandwiches can be made with meat and dairy alternatives. Alternative milk options are available for smoothies and lattes.

Visit www.commonmarket.coop to view our full menu.

Look for these and many more vegan products in the store:

