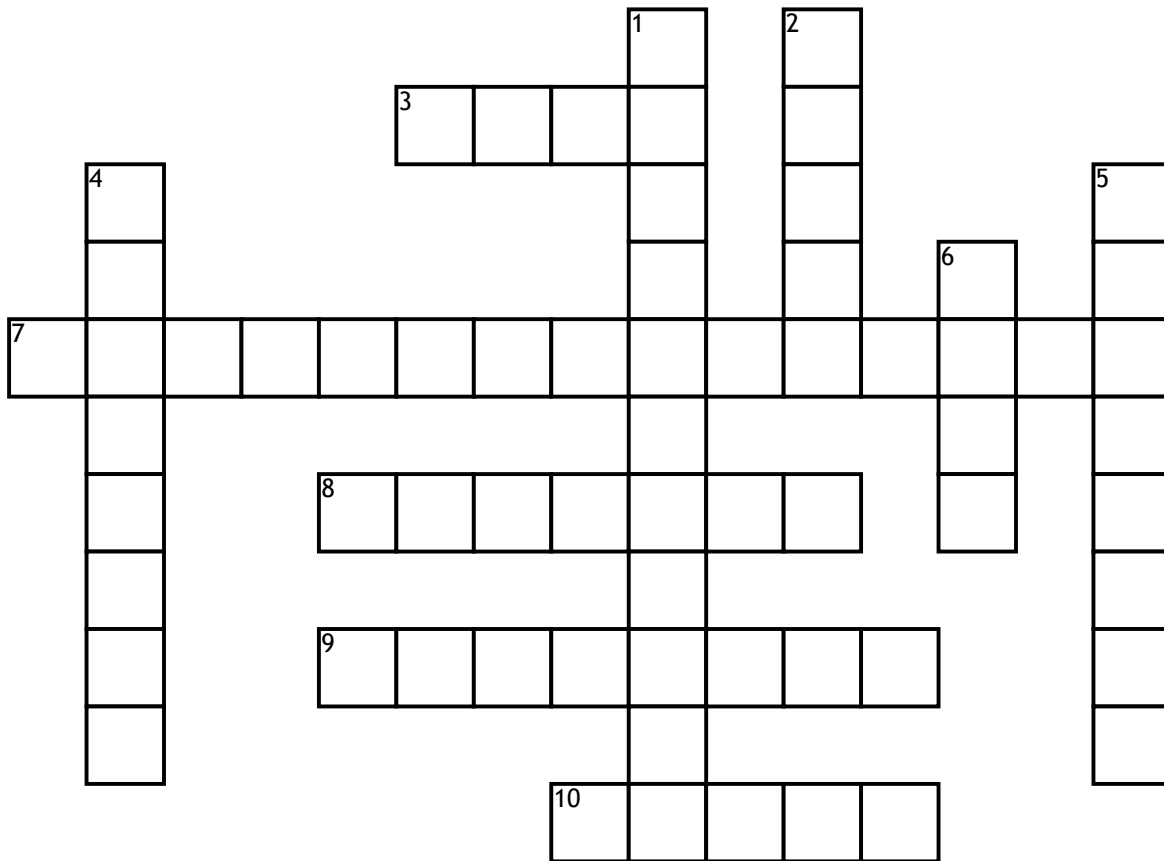


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Lacto Vegetarian



## Across

3. Lacto vegetarians do not eat eggs or \_\_\_\_\_.
7. A person who abstains from eating meat and eggs, but who eats dairy products
8. Products made with \_\_\_\_\_ are also avoided due to it being derived from horse hooves, bones, and marrow.
9. Vegetarians tend to consume fewer \_\_\_\_\_ and fat grams than meat eaters.
10. Lacto Vegetarian diet includes all \_\_\_\_\_ based foods.

## Down

1. Lacto vegetarians may have a higher blood \_\_\_\_\_ level due to the amount of eggs they may ingest.
2. The concept of vegetarianism comes from which country?
4. Lacto vegetarianism can reduce the risks of heart disease, \_\_\_\_\_, and cancer.
5. Popular diet within this religion
6. The prefix "Lacto" comes from this Latin word