

Plant based vs Vegan

Comparison Chart

Plant based	Vegan
<p>A plant based diet will focus mainly on whole plant foods but may allow some animal products.</p>	<p>A vegan diet is strictly about foods that do not include animal products at any time.</p>
<p>The plant based diet is a way of eating used often by health conscious people wanting to improve their health and have a healthy life style</p>	<p>The vegan diet is followed by people who are motivated by their love of animals and do not want to go against animal rights. The vegan is a supporter anti-cruelty actions against animals.</p>
<p>The plant based diet may allow some animal products like milk butter and eggs to add to the diet but no meat.</p>	<p>The vegan diet does not allow any animal products at all.</p>
<p>Preparation of raw food can be time consuming, but essential to give the right content to the diet. The follower of this diet should look at supplements if no meat products are consumed.</p>	<p>Preparation of vegan food takes time and effort and supplements are essential as no animal products are permitted.</p>