Defining Vegetarians by the “Absence of Meat”
Conclusions

1. The “vegetarian” concept is here to stay. It is simple and has common use and increasing respect.

2. One controversial option is to broaden the “vegetarian” concept to focus more on vegetables, fruits, legumes, nuts, and less on the absence of meat, consistent with the word itself. It may ease adoption by many current non-vegetarians.

3. For purposes of research and policy, complexity is less of an issue and definitions can be comprehensive. Can we describe the typical Adventist lacto-ovo-vegetarian diet in such a way, as an initial template?
5. For the general public, we need to expand the specificity of the vegetarian concept without introducing great complexity and still retaining effect. Can this be done so that the implementation will on average mirror the more complex definition?

6. For this, it will be key to find the most influential non-meat foods to prefer or avoid. Both a priori searches and data-driven searches, using such databases as AHS-2 and EPIC Oxford should be informative.

7. More formal comparisons between the Mediterranean diet and Vegetarian diets may be useful. Are these similar diets that will each have better traction in different parts of the world?