

# what is vegetarianism ?

The diet in which meat and / or fish and / or poultry are not consumed, but dairy products, honey and eggs from animal products are consumed on demand, is called "vegetarianism". His style, which is based on not consuming meat and meat products, is a culture that differs in six separate group categories.

## 6-Category Preference Types in Vegetarianism:

**Category 1- Pescatarian:** There is no consumption of red meat and chicken meat. It is the category that can eat milk, dairy products, eggs and fish.

**Category 2- Semi-Vegetarian:** Only no red meat consumption as an animal. It is the category that can eat milk, dairy products, honey, eggs and fish.

**Category 3- Lacto Ovo Vegetarian:** No animal meat consumption. It is the category that can eat milk, dairy products and eggs.

**Category 4- Lacto Vegetarian:** No animal meat and egg consumption. Because the egg represents the origin of life, they never consume it out of respect and do not want it to be consumed. It is the category that can eat milk and dairy products

**Category 5- Ovo Vegetarian:** They never consume animal meat, milk, dairy products. It is the category that can eat egg

**Category 6- Vegan:** They never consume animal foods such as all kinds of meat and meat products of animal origin, eggs, milk and dairy products. It is the category that sustains their lives without using non-food animal products, clothes and items.



## What is the differences of NSO-NAP7 Vegan – Vegetarian Certificates from the other Vegan - Vegetarian certificates ?

The difference of the certificates that pass the control and certification stages according to the NSO-NAP 7 Vegan-Vegetarian standard criteria and have Accreditation, is due to the fact that they are internationally recognized and accepted certificates.

The certification companies that have become widespread in the world and issuing certificates become widespread by the civil society regional authorities and come to the fore locally.

By the NSO-NAP 7 VEGAN/VEGETARIAN certificate and IBI brand, your products will have prestige and over trust at all the world and markets



## VEGETARIAN PRODUCT STRUCTURE;

- Slaughtered and Slaughtered animal meat and processed meat products excluded,
- Components (including raw materials, semi-finished products, additives, preservatives, sweeteners, carriers, yeast, enzymes, etc.),
- Substances that aid in product processing
- At production; the substances that are not food additives but having the properties of process or not-process, origin helping animal process and having the same suppose, can be used



VEGETARIAN

## VEGETARIAN

The root of the word vegetarian comes from "Vegetus" at Latin. As it was defined in 1842, it means alive, healthy and full of life. Individuals, who do not consumed animal foods, meat and meat products but animal products (such as milk, eggs, honey, silk, etc.) are consumed singly or in multiple variations, are called "vegetarians".

## Vegan- Vegetarian Certificate

"Vegan-Vegetarian Certificate "is the certificate given at the final stage for both structures, which reveals the status of the applications of the criteria and types.

NSO-NAP 7 Vegan-Vegetarian Certification has played an important role in generating solutions and trust for our organizations in our country and for vegan-vegetarian consumers, and for our organizations to take part in this category of the global market and to gain profit.

For certification applications, you can take our form from the application section or directly contact the certification process and get your document.