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# Chickentarian Diet

The Chickentarian Diet, also known as the Pollotarian Diet, was coined by vegetarians who choose to include poultry as a source of protein in their diet. This includes poultry and eggs, but excludes mammalian meat such as beef, pork, and lamb. Fish may or may not be included.

This is a less-restrictive vegetarian way of eating and suits those who do not want to eat red meat for various reasons, from taste preference to ethical concerns.

This approach may suit those dealing with conditions such as anemia and chronic fatigue (since some individuals require animal protein to function at optimal levels). This diet provides somewhat of a middle ground for an individual who falls into this category but wishes to follow a plant-based diet.

## **Foods to include:**

- Vegetables
- Fruits
- Grains
- Poultry
- Eggs
- Beans
- Dairy
- Nuts and seeds
- Healthy oils

## **Foods to avoid:**

- Meat
- Fish

## **Pros:**

- Can be a lifestyle rather than a diet
- Less restrictive than vegan and vegetarian diets
- Avoiding red meat may reduce overall intake of saturated fat
- Chicken provides clean protein

## **Cons:**

- Very restrictive
- Certain individuals may require red meat
- Some may be allergic to chicken

## **Sources:**

Pollotarianism [www.eatoutzone.com](http://www.eatoutzone.com) <http://www.eatoutzone.com>

5 Tips for Becoming a Vegetarian [www.vegbang.com](http://www.vegbang.com) <http://www.vegbang.com>