### Vegetarian
- No meat or fish.
- No products that contain meat or fish.
- Some vegetarians may avoid gelatin.

### Vegan
- No animal protein or products.
- Plant-based foods only.
- Gelatin is made from animal tissue and is not vegan.

### Kosher
- No pork. No shellfish. No catfish. All meat must be certified Kosher.

### Halal
- No pork. No shellfish. No catfish. All meat must be certified Halal.

### Heart Healthy Diabetes Friendly
- Limit salty, high-fat meats like bacon and hot dogs.

### WHAT GOES IN A PANTRY BAG

<table>
<thead>
<tr>
<th>Category</th>
<th>Vegetarian</th>
<th>Vegan</th>
<th>Kosher</th>
<th>Halal</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAT &amp; FISH</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>PLANT-PROTEIN (e.g., beans, lentils, tofu, peanut butter)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>EGGS</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>DAIRY (e.g., milk, butter, cheese, yogurt)</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>FRUITS AND VEGETABLES</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>GRAINS</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>CANNED SOUP AND READY-TO-EAT (RTE) MEALS</td>
<td>Cannot contain meat or fish.</td>
<td>Cannot contain meat, fish, eggs, milk, butter, cheese or other animal products.</td>
<td>Non-dairy vegetarian broth and soup ok. All others must be certified Kosher.</td>
<td>Vegetarian broth, soup and RTE meals ok. All others must be certified Halal.</td>
</tr>
</tbody>
</table>

### LOOK FOR THESE CERTIFICATION SYMBOLS

- **KOSHER**
- **HALAL**
- **HEART HEALTHY DIABETES FRIENDLY**

- Choose whole grains like brown rice and whole-wheat bread, when possible
- Look for products with low or no added sodium (10% DRIs or less, per serving)

---

This is general guidance. Clients may have specific food needs and preferences within these categories. Talk with them!