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What's in a name? 必也正名乎

Decoding the many shades
of vegetarianism
說明不同素食者的定義

By Catharine Nicol



VEGETARIAN 素食主義者

Growing in number (a reported 542,000 Brits alone are said to follow a plant-based diet), vegetarians are inspiring chefs and restaurateurs the world over. While most countries do not maintain a legal definition, a vegetarian is often defined by what they do not eat: "A person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious or health reasons," according to Oxford Dictionaries.

全球的素食主義者人數日益增多(根據報導,光是英國就有542,000人為純素食者),世上眾多廚師及餐廳經營者均受到這股潮流影響。儘管世界各國對素食主義者沒有法規上的定義,但通常以他們戒除的食物來定義。牛津英語詞典的解釋是:「特別是指那些基於道德、宗教或健康的理由,不食用肉類或魚類,有時包括其他動物製品的人。」



VEGAN 嚴格素食主義者

Most committed to the cause are vegans, who avoid eating meat, fish and seafood as well as animal products such as eggs, dairy (cheese, milk, yogurt) and even sometimes honey, beeswax and gelatin, the latter of which is derived from animal products.

這是最嚴格遵守飲食規範的素食主義者,他們堅持不進食肉類、魚類和海鮮,同時也禁止食用來自動物的食品,如雞蛋、奶製品(包括芝士、牛奶、乳酪),有時甚至連蜂蜜、蜂蠟和明膠都不吃,因為後者含有來自動物的膠原蛋白。



LACTO-OVO VEGETARIAN 奶蛋素食主義者

Then there are those named by what they do eat. If you are a vegetarian who eats dairy, you're lacto vegetarian. If you don't eat dairy but do eat eggs, then you're ovo vegetarian. And if you eat dairy and eggs, yes, you're lacto-ovo vegetarian. 還有一些素食者根據進食的種類定義。進食奶製品的素食者稱做奶素主義者;禁食奶製品,但吃雞蛋的人稱做蛋素主義者。奶製品和雞蛋都吃的則稱為奶蛋素食主義者。



OTHER-TARIANS 其他素食主義者

There are also the pollotarians who eat poultry and fowl but no other meat, fish or seafood, and the pescatarians who eat fish and seafood but no meat. On the extreme side, there are fruitarians, who survive eating only fruit, nuts and seeds, and there's raw veganism, where the raw food movement (plant-based cuisine with nothing cooked over 48°C) meets the vegan diet.

禽素主義者除了吃素,亦食用家禽類,但不吃其他肉類、魚類或海鮮。魚素主義者則可吃魚和海鮮,但不吃任何其他肉類。另外還有一些更極端的素食主義者,例如如果食主義者,他們僅進食水果、果仁和果籽;生食主義者的飲食習慣則結合食生運動(僅吃植物類食物,而且加熱不超過攝氏48度)和嚴格素食主義者。



FLEXITARIAN 彈性素食主義者

Finally, there are the flexitarians, who believe in a plant-based diet but find it more difficult to, or simply choose not to, live the life 100 per cent. Flexitarians eat a mostly vegetarian diet but despite their moral, religious, health or environmental reasons (or all of the above), occasionally fall off the wagon or have decided to include certain meats or fish occasionally.

最後是彈性素食主義者,他們相信素食,但發現執行困難,或單純只是選擇不要百分之百吃素。這種人以素食為主,但不管他們是基於道德、宗教、健康或保護環境(或以上皆是)的理由,他們可能會偶爾破戒,進食特定肉類或魚類。