

COMPASSIONATE FOX NON-VEGETARIAN INGREDIENTS LIST

Below is an extremely comprehensive list of non-vegetarian ingredients to look out for, whether you're new to vegetarianism, cooking for a vegetarian, or simply looking to keep on learning. The list itself is a work in progress, as I keep learning, but I hope this can help even some of you!

Non-vegetarian ingredients

- Meat
 - Bear
 - Beef
 - Beef heart
 - Beef liver
 - Beef tongue
 - Bone soup from allowable meats
 - Buffalo, Bison
 - Calf liver
 - Caribou
 - Chicken
 - Chicken Liver
 - Cornish Game Hen
 - Duck
 - Duck Liver
 - Emu
 - Gizzards
 - Goat
 - Goose
 - Goose Liver
 - Grouse
 - Guinea Hen
 - Ham
 - Horse
 - Kangaroo
 - Lamb
 - Liver
 - Marrow soup
 - Moose
 - Mutton
 - Opossum
 - Organ Meats
 - Organs
 - Ostrich
 - Partridge
 - Pheasant
 - Pork
 - Pork, Bacon
 - Quail
 - Rabbit
 - Snake
 - Squab
 - Squirrel
 - Sweetbreads
 - Tripe
 - Turkey
 - Turtle
 - Veal
 - Venison
 - Etc
- Fish
 - Albacore tuna
 - Alewife
 - American lobster
 - American shad
 - Anchovy
 - Atlantic cod
 - Basa
 - Bass
 - Bay scallop
 - Bigeye tuna
 - Black cod
 - Blowfish
 - Bluefin tuna
 - Bluefish
 - Bombay duck
 - Bream
 - Brill
 - Butter fish
 - Capelin roe
 - Catfish
 - Caviar
 - Chilean sea bass
 - Cockle
 - Cod
 - Conch
 - Crab
 - Crayfish
 - Cuttlefish
 - Dogfish
 - Dorade
 - Dungeness crab
 - Eel
 - Flounder
 - Flying-fish roe
 - Grouper
 - Haddock
 - Halibut
 - Herring
 - Herring roe
 - Ikura
 - Ilish
 - Jellyfish
 - John Dory
 - Kazunoko
 - King crab
 - Kingfish
 - Lamprey
 - Lingcod
 - Lobster
 - Loco

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| <ul style="list-style-type: none">○ Lumpfish roe○ Mackerel○ Mahi Mahi○ Masago○ Monkfish○ Mud crab○ Mullet○ Mussel○ Octopus○ Orange roughy○ Oyster○ Pacific cod○ Pacific sanddab○ Pacific snapper○ Patagonian toothfish○ Periwinkle○ Pike○ Pollock○ Pomfret○ Pompano○ Prawns○ Rainbow trout○ Red lobster○ Rock cod○ Rock lobster | <ul style="list-style-type: none">○ Rockfish○ Sablefish○ Salmon○ Salmon roe○ Sand crab○ Sanddab○ Sardine○ Scallop○ Sea bass○ Sea cucumber○ Sea scallop○ Sea urchin○ Shad○ Shad roe○ Shark○ Shrimp○ Skate○ Snakehead○ Snapper○ Snow crab○ Sole○ Spiny lobster○ Squid○ Striped bass○ Sturgeon○ Sturgeon roe○ Surimi○ Swordfish | <ul style="list-style-type: none">○ Tilapia○ Tilefish○ Tobiko○ Trout○ Tuna○ Turbot○ Uni○ Wahoo○ Whitefish○ Whiting○ Yellowfin tuna○ Etc● Beef fats● Bone char / Natural Carbon● Chicken fats● Cochineal / Carminic acid / Carmine● Gelatin● Isinglass● L. Cysteine● Lard● Rennet / Rennin● Tallow / Oleic acid / Oleinic Acid |
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Possibly non-vegetarian ingredients - Always check the source!

- Diglycerides
- Enzymes
- Monoglycerides
- Steric acid