

**Some people choose to eat no meat or fish.**

**They believe that this is not only better for their own health, but also benefits the world as a whole.**

**Discuss this view and give your own opinion.**

Food and people's eating habits are certainly effective in every person's health status. However, when it comes to daily meals, controversies about their ingredients arise (are starting).

In this day and age, due to people's **sedentary** jobs and lives with less physical activities it is recommended by some food specialists that people should ban meat and fish ~~from~~ ~~in~~ their daily meals. They cite that today's meat and fish have high levels of fat as a consequence of uncontrolled production. Therefore, using them would result in heart-~~cor~~related illnesses and has become more disadvantageous than beneficial. Besides, each person's high levels of healthiness would lead to a healthy society and eventually a healthier world as a whole.

On the contrary, many others claim that certain ratios of ingredients would make a complete meal and lack of some specific components of food ultimately will ~~lead~~ ~~to/result in/end in/proceed in~~ general weakness and some diseases. Meat and fish are known as rich sources of proteins and our body needs specific portions of them and other elements in daily dishes. Therefore, ~~owed~~ ~~because of/due to/owing~~ to ~~nutritional value the significant worth~~ of proteins in every meal nobody ~~neither either~~ could ~~nor~~ might cut meat or fish from ~~their his or her~~ cooking plan.

I certainly believe despite the fact that a reduction in the quality of meat products is obvious, because of the need that body has to such foods, we cannot delete them completely from our ~~diet~~ ~~recipes~~. In fact, a healthy food consists ~~of~~ meat, Fish, vegetables, bread and water. All these parts together on a specific balance would ~~be~~ called as a complete and healthy food. In addition, a society of good health as a whole, consist~~ed~~ of its vigorous building bricks which are individuals.

In conclusion, choosing ~~not to to not~~ eat meat and fish would not seem as a wise decision, while maintaining a balance in food's ingredients is ~~a~~ known benefit~~icial~~ for every person and all human kinds.