

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.

Nowadays it is common that several groups of people prefer not to eat any kinds of fish or meat. They believe that being vegetarian or vegan brings many benefits for both their health and also for the world. Here we look at this phenomenon from different points of view discuss pros and cons of that.

People who consume too much eat and fish have a higher risk of cardiovascular diseases such as heart attack and high cholesterol. Eating fatty food in particular, red meat can be detrimental for our health especially, for individuals who suffer (suffering) from obesity and diabetes. In addition, these kinds of diet might lead people to slaughter innocent animals which can make ecosystem imbalanced d/unballanced. If demand for meat and fish was too much, it would cause massacare of killing many beasts. In other words, it may result in damages to of the life cycle and extinction of some creatures /species.

On the other hand, many food scholars and dieticians have found that the human body needs several types of vitamins and proteins which could only be obtained from fish and meat. For instance, salmon fish generate a certain kind of oil that is useful for the blood circulation **process**. It is important to be-ensured that people particularly teenagers in growth age can receive enough nutrients.

However, our body needs nutritional food including vegetables, meat and fish, it is significant that we carefully take care of the environment (-and nature). We should choose a balanced diet by using a certain amount of each food to stay in shape and healthy.