

Some people choose to eat no meat or fish, they believe that this is not only for their own health, but also benefits the world as a whole. On the other hand there the others who disagree with these beliefs.

Discuss these views and give your own opinion.

With the medical research on the rise, people are becoming more health-conscious. In developed countries, in particular, large number of people take the precedence over watching their food ingredients. High percentage of people believe not only are the poultry, red meat and fish not efficient nutrition sources, but also vegetables and herbal products provide proper nourishment for people. On the other hand, critics, who take issue with this belief, act entirely different. From my perspective, both groups entitle to their comments to some extent.

Vegetarians, who take up special diet which mostly includes agricultural products such as pulses, vegetables, herbs and so forth, consider their choice on two fronts. Firstly, they believe the idea of killing animals for human needs is abhorrent; let alone for food purposes. They assert animals have the right to live on the earth without being endangered. Secondly, they argue that Nature reimburse us from other different sources. As I mentioned before, all the products which can be cultivated and planted are said to be the best supplants as they are well-nourished, healthy, stomach-friendly and reduce the risk of vast range of diseases.

However, critics are not on the same boat with vegetarians. They do not attract to the taste of vegetables, neither do not they think that this kind of food can provide whole essential vitamins, minerals or protein for body.

From my perspective, it is expedient to follow moderate diet in order to ensuring of receiving complete package of essential nutrition factors. My strong conviction is that the decent way of being a picture of health, is avoid consuming synthetic and chemical food, instead of organic and healthy one.

As an upshot, living a fast-paced life gives rise to healthy food ignorance, it is incumbent on us to moderately consume all organic food, hence avoiding extremism.