

**Everyone should follow a vegetarian diet because it is not necessary to eat meat to be healthy. Do you agree or disagree?**

Due to technological progress in the world, researchers' achievements have gotten to an advanced level recently, hence their breakthroughs have changed some of their beliefs. For example, these days researchers assume that human beings had better eat just vegetables and avoid consuming meat as opposed to some others who assert that ordinary eating habits are much more beneficial and healthy. That eating vegetables is necessary for our body is an undeniable fact. It could be helpful for moving materials through intestines. In addition, not only does this eating habit reduce the likelihood of getting some diseases such as blood pressure and heart attack, but also it causes weight loss ~~losing weight~~ among obese people. In this way, individuals feel better and would be more energetic, and besides their life expectancy is increased.

On the other hand, some others opine that there are-is no logical reason to impose/introduce/place ~~make~~ these kinds of limitations for ourselves. People can eat meat or other kinds of animals ~~product~~ product such as milk and eggs and still remain healthy. What is more, vegetables are not capable of providing all the necessary elements in our body which that could result in diverse kinds of deficiency in the human ~~body~~ body ~~humans' body~~. Considering our physical structure like the length of intestines scientifically reveals that our body can digest both meat and vegetables. That is why there is no ~~need~~ need to eliminate either ~~one~~ of them. Further ~~more~~ ~~more~~, some people choose being vegetarian because they tend to be more fashionable in society, but as time goes they become bored and give up their diet. This undeniably has numerous detrimental effects on their gastrointestinal system.

On the whole, I, personally, believe that people had better strike a balance between these two ingredients in their meals and neither meat nor vegetables should be eliminated.