

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.

These days, the number of people who are concerned with their diet is growing. Every day more and more individuals show interest in foods made of more vegetables and less meat. This trend seemingly is set to continue and there will be pros and cons for that which will be discussed in this essay. However, I am of this opinion that the advantages ~~outweigh~~overweight the pitfalls.

It is quite common nowadays that people try to exclude meat, fish and poultry from their diet because they have been better educated about the drawbacks of eating these foods. The adverse effects of consuming too much meat/overconsumption of ... on heart health, cholesterol levels, fat levels and general health are much recognized by experts and widely publicized by different media. Moreover, informed of the disastrous outcomes of having meat and fish on the environment, people try to replace them with other nutrients in their daily diets. No sensible person can ignore the huge amount of water which should be spent on grazing lands suitable for herds of cattle to graze and grow. Considering global water scarcity, overconsumption of rare fresh and clean water ~~on-for~~ this purpose would be ~~so~~extremely selfish and illogical. Rearing fish also requires a considerable deal of water and energy which damages the environment by exhausting natural resources.

On the other hand, some doctors claim that humans need to include a certain amount of protein in their routine diet, and this necessary protein is only extracted from different types of meat and fish. Neither vegetables nor other kinds of food can substitute for the vitamins and other nutritional values of the mentioned foods.

In conclusion, I think avoidance of meat consumption is well worth practicing by more people across the world because it is not only advantageous for general health, but also it will surely pay dividends environmentally later in future.