

Some people eat no meat or fish. They believe that it is not only better for their own health but also benefits the whole world. Do you agree or disagree?

With the growing ~~number-size~~ of population around the world and surge in the amount of food consumed by people, various kinds of diets have come to being. One of them is vegetarianism, meaning avoid~~ing~~ eating meat or fish_ in its extreme case which is ~~called-called~~ Veganism, its followers eat no dairy or even eggs. Among the reasons of supporting this eating habit:- ~~are~~ its benefits for body and health, avoid~~ance ofing~~ negative consequences on the environment and protecti~~ong of~~ animal rights are worth ~~to-be-mentioned~~ mentioning.

Firstly, a large number of diseases are related to eating red meat, illnesses such as Gout. As a result, doctors ~~advice-advise~~ people to substitute red meat with other food~~s~~ from vegetable, but with the same amount of nutrients like vitamins and proteins. Moreover, ~~in-at~~ individual level~~s~~, such eating habit~~s~~ increase the cost of treatment which is high in many countries and individuals ~~can-not~~ cannot afford it.

Secondly, in recent years many researches have been done on the environment and the damages of producing meat ~~in-on a~~ large scale to feed people. Every year, thousands of liters of water and kilos of hay~~s~~ are used by cows, sheep and other livestock to grow and gain weight to be sent to the slaughter house ; when these amounts of water and grass ~~is-are~~ multiplied by the number of domestic animals around the world, then the devastating result would be clear. Additionally, it is a cycle; baby animals use water and food for several years, while they produce lots of dung which damages nature and the climate. Furthermore, preparing food for livestock needs huge investment ~~that-which~~ destroys our resources and pollutes the air by gasses such as carbon dioxide and ruins farms.

Last but not ~~the~~-least, it is animal rights as a widespread trend these days. This attitude is usually stated by vegetarians and vegans. They ~~state-argue~~ that protecting animals must not solely be ~~limited~~ allocate to endangered species, but also to all animals even if they are not rare ones such as horse~~s~~, hen~~s~~, pig~~s~~ and likewise. Accordingly, there is no differen~~ce~~ between killing a goat or a lion, killing is killing. One of the most best-known cases is Yulin Festival in China, where thousands of dogs are killed and served in the most cruel way. There are many activists around the world who resist ~~against~~ such brutality and save animals. They believe that substituting vegetables and other products with meat of animals remove~~s~~ animals' suffering and brutality which occurs in the process of raising and then killing animals.

All in all, to avoid eating various kinds of meat benefits ~~the~~-society from a health perspective, keeps nature and the environment safe and untouched and protects animals' life. Eating other products rather than meat especially the red one leads to a better world for human beings, animals and nature at the same time.