

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.

Today, many decided to remove meat and fish from their dishes and following a vegetarian diet. They think that this decision leads to them being healthy, and also it has some beneficial effects on our world such as decrease in carbon emission and medical costs. As a omnivore, however, there are some obstacles to be a vegetarian.

Recently, being vegetarian, irrespective of whether it is part of religion, culture or traditions, has been increasing among people. They argue that this choice can help them be protected from contracting some diseases related to non-vegetarian nutritions like red meat. Red meat has been cited /quoted as the main culprit of both high blood cholesterol and pressure. Therefore, not considering it as ~~a~~ part of their meals will positively affect their wellbeing, thereby decreasing medical costs. Additionally, this healthy lifestyle provide followers with a better life quality.

Another benefit which can be attained by vegetarianism is carbon emission reduction. Breeding livestock needs massive food resources which can only be provided in food factories, so not only is providing food for them in that scale costly, but also it is with some environmental issues, since this process is one of the causes of emitting carbon dioxide, hence escalation of global warming. Thus, whereas it wastes a lot of money, it has some deleterious effects on nature ~~and also~~ as well as on some animal habitats directly and indirectly.

Although being herbivore has some critically important benefits, there are some impediments in the path of vegetarianism. For example, in a family, if one member makes up his mind to no longer be an omnivore, he may face many problems when what will serve for dinner is decided at kitchen in their house by someone else. Another difficulty in being vegetarian is its followers need to have a plan for their meals and in some cases having supplements is inevitable, because they may struggle with nutritional deficiencies.

Consequently, whilst not being meat-eater is a seemingly beneficial determination, it can arguably ~~can~~ be a ubiquitous decision made by everyone. Thus, the best of which can pave the way for having a healthy society and fresh environment is promoting social awareness about how unhealthy and harmful red meat and fish can be to reduce their consumption.