Some people choose to eat no meat or fish.

They believe that is not only better for their own health but also benefits the world as a whole.
Discuss the view and give your opinion?

These days the number of vegetarians and vegans ~~be~~ has increased in a community that may depend~~s~~ on some factors, same as traditions of the country, religion of the country or some other factors. Some people decide to eat not animal products and some of them do not use animal products ~~too~~either. Both viewpoints will be discussed in this essay, but personally, I totally disagree with this view point.

Some people become vegetarians because they believe that this will ~~be~~ benefit ~~for~~ their hea~~l~~th ~~that~~ if they eat vegetables, fruits, whole grains and eat ~~not~~ no meat or other animal~~'s~~ products. Some of them want to have a better body shape ~~of body~~ or they need to lose weight. another one believes that meat or fish has negative impacts on the environment~~s~~ for example eating fishes make~~s~~ the sea ecosystem become imbalance~~d~~ such that some kind~~s~~ of fishes become extinct and also they believe that meat contain~~s~~ fat that causes ~~make~~ some diseases for the human~~'s~~ body ~~same~~ such as heart attack.

On the other hand, meat is one of the most important source~~s~~ of protein. although protein could be obtain~~ed~~ from different sources, ~~but~~ we cannot remove the original source of protein from our diet. Protein help~~s~~ us to be strong and is very important to the growth of children.

Personally I think that being a vegetarians or vegan is not a good idea for everybody ~~bodies~~

And maybe it is useful for some people who have some ~~dieses~~ diseases and they suffer from cholesterol. So other people should eat different kinds of food.