

**Some people choose to eat no meat and 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.**

Since ever ancient times, how being healthy and strong enough have constantly been an important issue for human beings. After a long time, humans were able to find out that by cooking all types of edible materials, they could obtain proper taste and have better digestion. Today, the most significant issue is people how to gain the necessary and complete range of nutrients from their daily meal. Among this, some people choose to be a vegetarian, while some other groups prefer to eat both meats red type or white ones and vegetables together. Individuals who desire to have an only meat diet are rare. There is no doubt that humans are an omnivore creature and then having a balance diet is more acceptable than the other ones.

On the one hand, there are some people who are extremely environmentally-friendly and always are worried about hazardous which threat the environment. Sometimes, some of the new researches about foods reinforce them insist on their opinion. It is a fact that humans like other carnivorous groups of animals need to receive a huge amount of protein daily and it is known that animals' protein are a rich source of that. It is deniable that for obtaining this source of nutrients, there is no choice except to kill beasts. Individuals who say this is not philanthropic act toward animals and they prefer to be vegetarian and also they believe that not only may they be infected by some various viruses of animals, but it affects ecosystem's circle. Decreasing in vegetation and eroding the upper level of soil which is not appropriate for the environment and farmers too.

On the other hand, there are a lot of different notions about animals' proteins and the benefits of them which every individual needs to have on their daily regime, but this is important to know, besides, their benefits; excessively eating of animals' meats especially red ones cause Goat disease. People who love eating meats just mostly think about the taste regardless of the situation which is killed one creature because of ~~their~~ this false need. Probably, they claim that no matter how many animals hunted in this way, it is the secret of survival on the Earth for species.

To sum up all the statements above, there is no doubt that the live of every kind of specie relate to each other like an enormous circle, for instance, rock circle and, sudden elimination of one of them has its effect on the circle. Because human beings are omnivore, there is a necessity to strike balance and consume vegetables and meat together. Although this balance is a requirement for humans, maybe, it has tremendous impact on their ecosystem due to excessive and uncontrollable population of them.