

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.

Nowadays it has been more common that several groups of people prefer not to eat any kinds of fish or meat. They believe that being vegetarian or vegan brings many benefits for their health and for the world as well. In this essay, I will be discussing different points of this decision in detail.

People who consume too much eat and fish will get a higher risk of cardiovascular diseases such as heart attack and high cholesterol. Eating greasy food in particular red meat can be detrimental for our health especially, for individuals suffering from obesity and diabetes. With The accumulation of fat in the arteries we may end up in-with stroke. In addition, these kinds of diet might lead people to slaughter innocent animals which can make /render the ecosystem unbalanced. The higher meat consumption -is, the more damage to the environment and extinction of the species -is.

On the other hand, many food scholars and dieticians have found that the human body needs various types of vitamins and proteins which could only obtain from the fish and meat. For instance, salmon fish generate athe certain kind of the oil that is beneficial for the blood circulation process. It is important to be ensured that people particularly teenagers in the growth age can receive enough nutrients.

Although the human body needs nutritional food including vegetables, meat and fish, it is vital to be concerned with the environment and nature. We should choose a balanced diet by using the-a certain amount of each food to stay healthy and in shape.