Some people choose to eat no meat or fish. They believe that this is not only better for their own health but also benefit the world as a whole. Discuss this view and give your own opinion.

There is a general belief that being vegetarian is the best choice for human wellbeing in addition to the benefits that it has for the earth and all of its inhabitants. While I do not agree with this view, I think that this life style has some advantages. In this essay I am going to discuss the cons of this special diet and the most important reason which make~~s~~ me not ~~to~~ recommend this diet.

Nowadays we know that cows and ~~ships~~ sheep are the most substantial sources of methane, which is one of the ~~influential~~ gases ~~effective in~~on global warming. Therefor~~e,~~ it would be very important to control and decrease the production of this gas by ~~declining~~ reduce/minimize/limit the use of meat.

On the other hand, having a healthy life is dependent ~~to~~ on a healthy life style in which people should eat a lot of vegetables and fruits and ~~been~~beans. In other words~~,~~ with this kind of staple diet they would not be able to eat a lot of meat ~~of~~ or fish ~~related to~~due to the limited capacity of the stomach.

But being vegetarian or vegan is not a good choice for everyone. There are lots of vitamins and minerals in animals' meat, like the group of B vitamins and ~~Zink~~Zinc, which are crucial for anybody's health. In addition, fishes are the best –and for some people the only- source of vitamin D3 and Omega3. It is very hard to take sufficient amount~~s~~ of these micronutrients from other sources.

In conclusion, even though it is very important to decrease the use of meat to save our planet, most of the people need to ~~intake~~take in/consume some meat or fish weekly. ~~Hens~~Hence, in my opinion, it is better to lower the intake of meat and fish~~es~~ but not to cut them off from our diet.