

some people choose to eat no meat or fish. They believe 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 vegetarianism is becoming more and more popular for many people. Although vegetarian diet has advantages for the human body and environment, it has got downsides too.

On one hand, a vegan diet is typically lower in saturated fat and higher in fiber and vitamins than a non-vegan diet. Therefore, consumption of plant-like foods not only reduces the risk factors for cardiovascular diseases, but also prevents people from obesity and diabetes. Moreover, vegans believe it is moral to avoid animal products and they are against killing or using animals for food. Furthermore, many people switch to veganism because of environmental issues. The industrialized animal agriculture contributes to greenhouse gas emissions and global warming, because meat production requires vast amounts of energy. Livestock production needs a lot of land, hence deforestation and soil erosion.

On the other hand, non-vegan diets are considerably high in protein which is very beneficial for our bodies. The main reason why the human body needs to consume protein is to build its tissue. Also, animal meat and by-products are great sources of essential nutrients, for instance Iron, Zinc and B12. Low Iron levels can cause anemia which makes us fatigued and increases our heartbeat. Moreover, following a vegetarian diet for a long time leads to hormonal imbalances in the human body.

to sum up, even though there are some disadvantages for cutting meat out of our diets, if we consume the right amounts of supplements in a vegan diet our bodies will be healthier than a non-vegan diet and it will benefit the environment as well.