

**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.**

It is interesting ironic how some people stop eating animals' meat while many others eat any moving creatures such as even insects. Considering both parties, it is obvious that you can adapt to one of these extreme styles and still be perfectly healthy.

There are several factors that determine a healthy body. Certain clichés cliches are regular exercises, quitting bad habits, having a routine sleep cycle and finally the diet. As a result, not eating meat does not necessarily benefit people's health. Moreover, it is proved in researches that there are many essential nutrients nutritions which can be found excessively in red or white meat.

Apart from nurturing the body, another firm reason is animal rights. There is no doubt that any act of violence against living species and more important the ones with feelings, is not acceptable. Though however, there are documents that declare how a number of corporations or even simple farmers and butchers do not pay attention to this matter due to their job's nature. Videos can be found all over the Internet briefly showing how animals are tortured to gain weight by getting fed over their limit and in the end brutally murdered to provide humans with..... some food.

All in all, I hope in near future, science reaches to a point where that there will be no more need to serve animals' meat on our plates. But for now, it is how it is and the world is not prepared yet to omit certain types of foods once and for all forever.