

As the world population is increasing, protein sources become lower and lower ~~than~~ ~~enough amount~~. considering this rapid ~~of~~ growth ~~thing~~ we will face lack of food. Some food experts believe inevitably man's food regime is going to revolve ~~toward~~ ~~forward~~ using more vegetables instead of meat. Some agree and some ~~are do~~ not. I, as one, ~~am~~ totally agree with veg regime.

Several types of vegetarian regimes are conventional and until now there ~~hadn't~~ ~~has not~~ been any negative report or ~~losses~~ ~~deaths~~ about this style of living. Of course there are so any doctors and scientists who believe vegetables couldn't secure all needs of ~~the~~ human's body thus representing their own reasons which say humans are omnivorous. ~~In on~~ the other hand today we have ~~a~~ wide variety of soya beverages which vegetarians use in their daily ~~miles~~ ~~meals~~ and even they are healthier than their carnivorous counterparts.

Morally the major drawback of ~~meat-eating~~ ~~carnivorous~~ in my opinion is animal butchery which optimistically could decrease or cut if veg style regimes ~~will~~ become very more popular than now.

Another group of scientists are looking ~~forward for a~~ more efficient protein source replacements instead of meat by raising kinds of mushrooms and worm larvae. Although these are more nutritious in compar~~isone~~ with soya, they are not in ~~harmony~~ ~~rhythm~~ with most ~~tastes~~ ~~elegances~~ especially Europeans and Americans.

To sum up, it may lasts a long period ~~until~~ ~~before~~ we reach ~~to~~ that ~~orient~~ ~~change~~ in people's taste. And the most important reason is that food has deep roots in cultures but ~~it~~ ~~change~~ is not impossible with globalization. I am ~~a lot~~ ~~quite~~ optimistic about both animal rights and health in future which promotes ~~the~~ vegetarian life style.