

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. TR-t6

Nowadays, becoming a vegetarian, people have their reasons for choosing their dietary lifestyle whether it is for health benefits or a love offer animals, or a protection of the environment.

Firstly, they think the human body is based upon plant-food and we do not have special teeth and the strong digestion acid which are need for eating animal flesh that are similar to those found in carnivorous beings. That is why we must cook meat to eat it. They believe that the early human before discovery of fire did not eat meat. Moreover, the rate of heart disease will be-increased by eating too much protein and saturated fat, which are found in meat, because of its cholesterols.

Secondly, recently researches have-has shown that the livestock sector has a profound negative effects in-on the environment because of the huge emission of Methane, (which is) the one of the greenhouse gases, which is produced in the guts/bowels/intestines of ruminants. That research asserted that the shift toward plant-based d diets and decrease in meat demands can help to mitigate climate change.

Thirdly, vegans s ask that-whether it is it-justice to kill animals in the horrific ways for food? And they think if they do not eat flesh of animals they can help stop horrible kill industries of animals.

In spite of after- afore-mentioned, it is important to take account of the positive effects of eating meat. For example Hemo iron that is necessary for humans especially for women only comes s from the flesh of the cow, pork, poultry and fish. Likewise Like-was, Vitamin B12 that is essential for keeping the nerve and blood functions s well is not available in the plants.

To my mind, though eating ~~meats~~meat has some drawbacks and some groups want to replace that in the daily diet by plants and fruits, I believe we cannot forsake eating meat because of its~~its~~'s benefit and that it is better to ~~o~~-replace red ~~meat~~meat with the fish and poultry which not only have not cloistral and others harmful fats, but also are more suitable for/compatible with~~with~~ environment.