Is Vegetarian Diet Really Better?

To eat is one of the indispensable matters to maintain our life. We ingest food and get necessary energy and nutrition to live. So, deciding what to eat is very important for us. Contrasting with former times, today's people have more food choices. Under such circumstances, vegetarianism is getting more and more attention from people who seek better and healthier lifestyle.

However, people who are interested in vegetarianism but not yet vegetarians may share two questions: 1) "Is a vegetarian diet really safe?" and 2) "Is vegetarian diet really better?" Being a vegetarian, I say, "yes" to these questions. It is safe because there is plenty of plant foods that can substitute for the nutrients you get from meat and fish. It is better because your good health is ensured. It reduces the risk of adult diseases.

Perceiving vegetarianism as beneficial, many people switch their diet from meat basis to plant basis.

Vocabulary

Indispensable - necessary; essential
Ingest - to take in and absorb as food
Vegetarianism - the practice of subsisting on a diet composed primarily or wholly of vegetables, grains, fruits, nuts, and seeds, with or without eggs and dairy products

Think and Talk

1. What are the benefits of being a vegetarian?

2. Is vegetarianism popular in your community?

3. Do you practice vegetarianism? Why or why not?

4. Is it popular in your community?

5. If everybody in your country becomes vegetarian, what do you think would happen to the meat industry?