

Example of essay on health effect of eating meat

[Health & Medicine](#), [Obesity](#)



Health Effect of Eating Meat: Outline

I. Introduction

Appropriate dietary habits play an integral role in maintaining the recommended nutritional status of an individual. On the other hand, an adequate nutrition status helps in improving an individual's health status. Meat occurs as one of the diets often consumed by populations in various parts of the globe.

Thesis statement

Although meat consumption has a positive effect on an individual's health, its consumption should be monitored because it can also have a damaging influence on an individual's health status (Whitney et al. 104).

II. Body 1: positive health effects of meat consumption

A- Contains adequate amounts of proteins

Meat contains substantive amounts of proteins that are beneficial because they play a significant part in improving the general health of an individual. The proteins contained in meat help in repairing body tissues and facilitate the formation of antibodies (Whitney et al. 24), which increases the immunity of an individual; hence, offers protection against illnesses.

B- Rich in vitamins

Meat is rich in various vitamins including vitamin A, and D, which improve the health of a person. For example, vitamin D helps in improving the health of the skin (Whitney et al. 86).

C- Meat has adequate amounts of minerals

Meat contains various amounts of minerals, which are important in improving an individual's health.

III. Body 2- Negative health effects of meat

A- Has high amounts of cholesterol and fats

Meat eating negatively affects an individual's health status because it contains high amounts of cholesterol, which predispose an individual to detrimental health conditions such as cardiovascular diseases.

B- Meat eating is a predisposing factor to cancer

Meat eating negatively affects an individual's health because its digestion results in production of carcinogenic compounds (Whitney et al. 122), which negatively affects an individual's health as it leads to the occurrence of cancer disease.

C- Increases the prevalence of obesity

Meat eating increases the occurrence of obesity and overweight, which increases the occurrence of certain health conditions such as diabetes.

IV. Body 3- How to ensure adequate intake of meat

A- Prepare and follow an adequate meal plan

In order to reduce the negative effects of meat eating it is important to prepare and follow an adequate meal plan.

B- Eat other protein substitutes other than meat

Consumption of other major protein substitutes other than meat will reduce the negative effects of meat eating.

C- Seek nutritional and health counseling

V. Conclusion

In conclusion, although meat eating has positive health effects, its consumption should be monitored because it can negatively affect an individual's health.

Work Cited

Whitney, Eleanor Noss, and Sharon Rady Rolfes. Understanding nutrition. 12 ed. Australia: Wadsworth, Cengage Learning, 2011. Print.