

Comparison of non-vegetarians and vegetarians

[Science](#), [Social Science](#)



Non-vegetarians vs vegetarians Being a vegetarian or non-vegetarian is an individual's decision. Both categories have their individualistic pros and cons. This paper draws a comparison and contrast between the vegetarians and the non-vegetarians. Non-vegetarians and vegetarians are similar in that both consume vegetables, both see their diet as a means of staying healthy and physically fit while the two differ in the range of foods, perceptions about animals, and tendency to become overweight or obese.

The desire to be a vegetarian comes from a myriad of sources which include a wish to stay healthy, live green and remain smart. There is a general perception that consumption of vegetarian food keeps one's weight in control because of the reduced intake of fat. There is a significant population of vegetarians who consider it unlawful to slaughter animals or birds to eat them irrespective of the prevailing laws in the country. They consider it wrong ethically. According to them, just because humans have more brains and power as compared to other animals and birds does not deprive other species from their right to survival and existence. Being a vegetarian deprives an individual of a whole range of foods that are made of meat. Accordingly, the range of flavors with which the vegetarians can play to develop different tastes in different dishes is limited. Vegetarians are generally smarter as compared to the non-vegetarians because some of the most common and potential sources of fat including butter and cream that are derived from animals are excluded from their diet. Research suggests that vegetarians, both men and women, have a higher IQ level as compared to the non-vegetarians (BBC, 2006).

The desire to be a non-vegetarian fundamentally emerges from the love of

meat, though there are also other factors that play a role including a wish to stay healthy and strong. There is a general perception that consumption of non-vegetarian food facilitates the development of muscles and lends the body more muscular strength. Non-vegetarians do not consider it ethically wrong to slaughter animals and birds to eat them. Such perception fundamentally emerges from a belief that human beings are superior to other animals and birds. In addition, there are certain religions, particularly the Abrahamic religions that allow their followers to eat the meat of certain animals and birds while they also forbid their followers to eat certain animals and birds. The religions clearly indicate the signs and categories of animals and birds that can or cannot be eaten. Non-vegetarians have a whole range of foods to choose from, as non-vegetarians eat both meat and vegetables. Their range of flavors goes far beyond the ones available to the vegetarians. Accordingly, they are privileged to have a variety of foods available to them unlike the vegetarians. Non-vegetarians have more tendency to outweigh the vegetarians because butter and cream derived from animals make a regular part of their diet.

Concluding, both vegetarians and non-vegetarians have different reasons for belonging to their respective categories, with the vegetarians being more conscious about the nutritional value of food while non-vegetarians placing more emphasis on the taste of food. Being a non-vegetarian provides an individual with more food choices than being a vegetarian. On the other hand, being vegetarian reduces the tendency of an individual to become overweight or obese unlike being non-vegetarian.

References:

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BBC. (2006, Dec. 15). High IQ link to being vegetarian. Retrieved from <http://news.bbc.co.uk/2/hi/6180753.stm>.