

Meat diet is healthier than vegetarian diet

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Meat Diet Is Healthier Than Vegetarian Diet Almost every meat-eater has had an unlucky encounter with an upright vegetarian at some point (Borowski 45). Maybe it was just moments before that person was set to eat a sirloin steak, or when that person was price-checking pork shanks at the supermarket. In spite of the area, there is a great chance a person was forced to undergo a long argument concerning animal suffering, which, compared to the meat-eaters' view of that complainant, are habits comparable to cannibalism. Fortunately from today, meat-eaters who have experienced this will never have to sit there wondering what to say while their diet is being questioned again. This paper will arm meat-eaters with a string of well-informed arguments, which will permit them to defend their eating choices in an argument with a willing partner. The Health Argument

Many vegetarians say that their eating habit makes them healthier compared to those who take meat. Even though, we certainly will not argue against the many benefits of a vegetarian diet, there are grounds to suppose that a balanced meat and vegetarian diet is a far much healthier choice (Borowski 46). Researchers have normally revealed that vegetarians, who fail to balance their diets with iron and Vitamin D, B12, can catch anemia. Vegetarians also characteristically lose out on omega-3 fatty acids. In addition, these unsaturated acids have been proved to slow the hardening of arteries, lessen triglyceride levels, function as anti-inflammatory agents and also stop depression, as well as personality disorders. Nutrition students at Oxford University recently investigated 35, 000 people aged 20 to 89 for half a decade and revealed that vegetarians are 30% more prone to break a bone compared to their flesh-eating and vegetarian friends (Sonci 103). A subsequent research carried out by Sydney's Garvan Foundation for Medical

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Research discovered that vegetarians had bones 5% less thick compared meat-eaters. This is because a lot of vegans and vegetarians take very little calcium owing to the limits of their diet. The Moral Argument A lot of vegans disagree that God's creatures should not be sacrificed just to satisfy people's craving for a thick and juicy rib (Hanif 90). While there might be some value to their beliefs, their grounds are also full of hypocrisy. Even though, vegetarians openly condemn the killing of animals, they think nothing of tearing spuds or carrots out of the ground or of throwing a zucchini into a high-speed mixer or blender (Salobir 2). Whether vegans would like it or not, carrots, or any other plant, are still living organisms that react to factors such as gravity, light and touch, as well. In reality, some humans even believe plants can experience pain, but still try to justify them against meat (Borowski 50). Take the Swiss group Ethics Board on Non-Human Biotechnology, for example. This group of late has been trying to argue that killing plant is morally wrong. The group came out in defense of plants in their publication, *The Dignity of the Creature in the Plant World*. They disputed that plants are worthy of respect and that killing them randomly is ethically wrong (Orkerman 79). The Humane Treatment Argument Another topic that some vegans take personally is the manner in which cuddly small lambs are transformed into delicious lamb chops (Hanif 91). Vegetarians are the first to argue that traditional slaughterhouses should be banned. Nevertheless, there are plenty of firms that rise and murder animals humanely such as Humane Farm Animal Care, a nonprofit firm developed to enhance the lives of farm animals by officially stating their humane treatment. When a person sees the Certified Humane Raised and Handled® sticker on a meat product, then they can be guaranteed that the product has

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come from facilities, which meet precise standards for animal treatment. Other organizations, such as the American Humane Association (AHA), provide meat certifications to ranches, which practice humanitarian farming methods (Sonci 108). Their regulations are based upon the principles of the Royal Group for the Prevention of Cruelty to Animals and input from veterinarians and animal science experts (Borowski 50). The Environmental Argument Many vegans argue that the production of meat harms ecology. Nevertheless, they fail to identify that the cultivation of vegetables and fruits can also have dreadful ecological implications. Consider this: most non-organic farms still use insecticides and pesticides, which kill off just as many beneficial pests as predators, thus leaving nature's fragile balance in dismay. These dangerous chemicals also leach into water reserves where they cause harmful neurological effects when used by animals and humans alike (Borowski 50). Still on water, the farming of vegetables needs vast amounts of it, which, in essence, can cause water scarcity and, in severe cases, drought. Vegetable and fruit farms also spoil the environment by the burning of agricultural waste, as well as the manufacture of oxide emissions through nitrogen fertilizer. Conclusion This paper finds that none of the parties, vegans or meat-eaters, is free from sin. They all cause harm with their eating habits and no harm from one party should be used to criticize the other. Instead, these people should consider the benefits brought about by each and strive to maximize on these benefits since these factors were given to use by God for our own benefit. Works Cited Borowski, Jerzy. 'Meat in Human Nutrition'. Polish Journal of Agricultural Universities 10. 4 (2007): 45-56. Print. Hanif, Rumeza. Use of Vegetables as Nutritional Food: Role in Human Health. Journal of Agricultural and Biological Science 5. 3 (2007): 90-<https://assignbuster.com/meat-diet-is-healthier-than-vegetarian-diet/>

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