

# Discuss the extent to which a vegetarian diet is healthy

[Food & Diet](#)



**ASSIGN  
BUSTER**

Discuss the extent to which a vegetarian diet is healthy. To say till what extent a vegetarian diet is healthy. First of all need to understand what vegetarian diet is and what is mean to be healthy. Among the areas of non-traditional food, vegetarian diet is one of the oldest and most common. Vegetarianism - is an ancient healing nutrition system, which has a deep philosophical meaning, and assuming certain lifestyle.

Healthy meaner - a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. However, to adhere vegetarian diet have both positive and negative sides. Mainly, vegetarian diet negatively affect oldest people. Firstly, how healthy vegetarian diet is depends only on the scale of vegetarianism. Vegetarians refusing meat and all animals products, are highly at risk of vitamin B-12 deficiency, especially additives are necessary for females during pregnancy and for child of vegans.

On the other hand, locator-vivo- vegetarians have no nutrition risk. They don't get ham iron from meat, however they insensate it with consumption of non-ham iron from ascorbic acid (Thronged et al 1994). Generally, refusing to meat, decrease possibility to obtain coronary heart disease, hypertension, obesity and conceivably even some cancers. Secondly, scientific studies have established that people who support vegetarianism are lighter in weight than their meat-eating opponents. The distinction of 1 unit of IBM was found by the EPIC study in the Oxford cohort (Spencer et al 2003).

Furthermore, lower BMI decrease rate of type 2 diabetes and gallstones. In opposition, BMI start decrease rapidly over the age 60 in vegetarians and mainly in vegans, which leads to complication to control muscle mass. According to this, old vegans suffer from respiratory disorders which influence high mortality among them. Nonetheless, the positive side of lower BMI shows in younger persons, what helps them in lifestyle move faster and be more flexible. Finally, the consumption of meat usually relates with saturated fat, when plant protein is commonly associated with fiber.

To be healthy, in all ages, vegans should obtain recommended amount of protein and energy, arguments was presented by national and international recommendation for protein intake by Langley (1995). Adding to this, exceeding daily rate of energy and protein may result health adverse circumstance such as COD. To reduce risk of CHOC, simply lifestyle changes should be made such as being physically active, eating healthy not saturated fat food and have a balanced diet. Moreover, there are some other benefits to keep your health e. G. Reduce risk of stroke and dementia.

Taking everything into account, vegetarian diet revised a plenty evidence which be able to increase your resistance to different sort of diseases, also prevent from obesity and deadly illness. In my opinion follow vegetarian diet and exclude meat from daily ration in some case brings many profits to your body and health. But, not all sort of people can stand by vegetarian diet or become vegans, in each case there is an exception such as pregnant women and old people that may adversely affect their health, and bring even more harm to their body.