

Eat less meat



**ASSIGN  
BUSTER**

Thesis Statement: Eating meat is becoming an increasing demand and issue in society, it can be solved with the help of all of us. I. " Meat is a symbol of affluence, and it becomes an addiction and a habit," says Henry Spira, coordinator of Animal Rights International" The average meat-eater is responsible for the deaths of some 2, 400 animals during his or her lifetime. In late 1992, Lauren Beth ate a fast-food cheeseburger laced with

- A. She was attacked by hemolytic uremic syndrome (HUS), a wasting disease that invades nearly every organ in the body and destroys the blood's ability to clot. Lauren Beth succumbed to a heart attack a few days before the beginning of 1993, a year which would be marked by a massive outbreak of
- B. Coli and the deaths of three children at Seattle, Washington Jack in the Box restaurants.
- C. Today, I would like to discuss how we meat eaters could reduce our needs for meat and substitute other foods for it.
- D. Eating meat is becoming an increasing demand and issue in society, it can be solved, with the help of all of us.

### Body Need

Many human beings really on meat for their meals.

1. Although the consumption of meat is very popular, we can change that by consuming less meat and becoming open-minded about other food that would work for you.
2. Global meat demand is expected to grow by 56 percent to 2020 according to the magazine of Animals today.

3. In the E-Magazine, it mentions an interview with a slaughterhouse worker that said. On the farm where I work," reports one employee, " they drag the live ones who can't stand up anymore out of the crate. They put a metal snare around her ear or foot and drag her full length of the building. These animals are just screaming in pain or they are often skinned alive. "
4. The bacteria are a particular problem in hamburger because the grinding process spreads it throughout the meat. Transition Now that I've told you the impacts that it has, is there a way to resolve it?

Satisfaction: We should all think about what would be the best for our country and its citizens

1. Reduced consumption of animal products and increased intake of fiber-rich carbohydrates, fresh fruit and vegetables are recommended to minimize the risk of heart disease, mature onset diabetes, obesity, and possibly some cancers.
2. There is some evidence to suggest that the human digestive system was not designed for meat consumption and processing, which could help explain why there is such a high incidence of heart disease, hypertension, and colon and other cancers.
3. By eliminating little by little for consuming meat we are saving the environment, animals, and even our health.

Visualization:

1. In the E-Magazine it said that In the U. S., according to a 1998 Vegetarian Journal survey, 82 percent of vegetarians are motivated by health concerns, 75 percent by ethics, the environment, and/or animal

rights, 31 percent because of taste and 26 percent because of economics.

2. The American Dietetic Association says in a position statement, "Appropriately planned vegetarian diets are healthful, are nutritionally adequate and provide health benefits in the prevention and treatment of certain diseases".
3. One percent of the public, or between two and three million, is vegetarian (eats no meat or fish, but may eat dairy and/or eggs), with a third to half of them living on a vegan diet (eschewing all animal products). Roughly five percent in both studies "never eat red meat".