

TO BE VEGETARIAN

or not to be vegetarian.



More and more people are choosing to eat a vegetarian or vegan diet than ever before!! In the past 50 years, American dinner tables look very different. Meat loaf has been replaced by no meat loaf and more people are worried about eating meat.

BY MEGAN HUGHES

Vegetarianism and Veganism are super popular. Here is why many people are giving up meat.

Feel pity for killing animal

A lot of people care about animals. They really love an animal that's why they don't like it when they get hurt. Some people think it is a great idea to go vegan so we don't endanger animals or make the species extinct. Lots of people want this to stop. Like a person who loves chickens would be depressed seeing chicken wings, legs, or thighs being served on a plate.

Religion

Some religions don't allow eating meat like pork and other kind of meat during religious holidays. The religions that forbid pork are the Jewish religion and

Muslim religions. Many religions feel it is a sacrifice to give up meat. Also, the Jews believe that pigs were not clean and so don't eat it. Many religions feel that if you keep your body pure, you can be a better religious person.

Fear of diseases

Some people are afraid to get diseases like salmonella, avian flu and mad cow disease. Stuff like this can kill you they say or just get badly sick for like for months, maybe years. All of diseases are worst then the flu. Many people die from diseases you can get from bad meat.



For these reasons many people are giving up meat and say that they feel great. Many vegetarians need to make sure they get enough of the good nutrients that meat can give your body like protein. They often eat beans and cheese as well as tofu to replace the protein that people can get from meat. Also, many fruits and vegetables have protein in them, too; like spinach and broccoli.

