**OUTLINE**

**Topic:** Reasons for becoming vegan.

**Thesis statement:**

The number of vegans is increasing and expanding their belief to all over the world. People become vegans because animals are suffering from being killed by people, vegan diets are good for human body, and people can contribute to sustainable environment.

**Body paragraph 1**

**Topic sentence:**

First, being vegan can help animals from brutal treatment.

**Supporting points:**

1. People kills animals for their food,

Animals feels pain.

1. Animals have also rights.

It is natural for animals to live in wild and not explicated by human.

**Body paragraph 2**

**Topic sentence:**

Another reasons for becoming vegan is because vegan diets are healthy.

**Supporting points**:

1. Reduce your risk of dieses

Vegan diets lower cholesterol level and chances of getting cancers

1. It helps people lose excess weight.

Many observational studies suggest that vegans tend to be thinner and have lower body mass indexes than nonvegans.

**Body paragraph 3**

**Topic sentence:**

Finally, becoming vegan is also environmentally friendly.

**Supporting points:**

1. Livestock is one of major issues of global warming

Livestock worldwide produce about 6% of greenhouse gas emissions.

1. The production of meat takes approximately 1,847 gallons of water to produce 1 pound of beef

These days, the number of vegans is increasing, and vegans are expanding their belief to all over the world. Some people converted their diets to vegan diets seeking multiple benefits. Some people claim that these treatment for animals are wrong and should be changed. Human has explicated animals for food, agriculture and in other ways. This trend started in Europe, and now, Japan is one of the countries that holds a number of vegans.