**Reasons for Becoming Vegan**

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Modern veganism started in 1944 with the formation of vegan society in the UK. 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 some benefits. Vegans claim that treatments of animals are brutal and should be changed. Actually, human has exploited animals for food, agriculture, transportation and in other ways. Therefore, becoming vegan is reasonable because animals are suffering from being killed by people, vegan diets are good for human body, and people can contribute to sustainable environment.

First, becoming vegan can help animals from brutal treatments. Although the technologies of faming and agriculture are developing, animal slaughter still remains brutal. The process of making meat cause serious stress to animals. Firstly, animals are packed into the truck because they have to be transported to a slaughterhouse. This sometimes take very long hours. Cows need about 60 litter of water per day, if it is lactating cow, 180 litter of water is required, and other animals, of course need a lot of water. However, current transportation system cannot afford to supply proper amount of water while livestock are on a truck. According to the article of The Guardian (Kevany, 2022), “Approximately 20 million chickens, 330,000 pigs and 166,000 cattle are dead on arrival, or soon after, at abattoirs in the US every year”. Once they arrive at slaughterhouse, cattle are stunned by guns for stunning, suspended upside down by their legs, and killed by knife. Sometimes stunning can fail. Cattles are killed while they are awake. This process is same as hogs. evolutionary biologist Robyn J. Crook explained that animals do feel pain. Study by Faunalytics shows that 77% of participants agreed “some animals are capable of thinking and feeling emotions. “. In addition to the stress of animals, animals have rights to live freely. In fact, very few countries enshrined animal’s rights into law. However, many countries have some basic protections and guidelines for how animals should be treated. Even though some people claim that animals do not need rights, it is human’s ego, people should ease the stress of animals and brutal treatment should be changed.

Another reason for becoming vegan is because vegan diets are healthy. Balanced nutrition is very important in order to stay healthy. Of course, it includes protein that can be gained by meat. However, people now are overeating meat. Since vegan diets has only plant-based meals, they are healthier than meat based diets. Meat based meals sometime lack essential nutrients such as s calcium, iron, vitamin B12, iodine and selenium. In fact, the study from Oxford University stated “A higher consumption of fruit and vegetables, which are rich in fiber, folic acid, antioxidants, and phytochemicals, is associated with lower blood cholesterol concentrations, a lower incidence of stroke, and a lower risk of mortality from stroke and ischemic heart disease”(2009). It also reduces the risk of getting cancer. Even though vegan diets have strong restriction, this is healthier diets. Furthermore, vegan diets help people to lose excess weight. Actually, “More than 1 billion people worldwide are obese – 650 million adults, 340 million adolescents and 39 million children” (WHO, 2022). Obesity is a serious problem right now. Vegans tend to be thinner and have lower body mass indexes than nonvegans. In short, vegan diets supplies variety of essential nutrients and are healthier than nonvegan diets.

Finally becoming vegan is also environmentally friendly. Greenhouse gas produced by farming livestock is one of the major issues of global warming. A lot of activities emit greenhouse gas in agriculture. For example, the process of disposing dung, the burp of cattle, produce greenhouse gas. Professor John Wallace from the University of Aberdeen, UK said “People think of carbon dioxide as the main greenhouse gas, but methane is pretty important too”. These days, people care about electricity use or the emission from transportation, however, the emission from agriculture still remains important as well as others. In fact, globally, raising animals for food contribute at least 16.5% of greenhouse gas emissions. About 21% is produced by industry and 14% from transportation. A fully grown cow can release about 500 liters of methane per day, and people have about 1.4 billion cows on the planet. The high demand of meat is also increasing the number of cattle. Veganism encourages people to eat only plant-based food, so that vegan do not consume meat that produces greenhouse gas. What is more, plants can photosynthesis which release oxygen using carbo dioxide. Moreover, process of meat production need approximately 1,847 gallons of water for 1 pound of beef. That amount of water can fill 39 bathtubs all the way to top. As mentioned in first paragraph, cattle need 60 liters of water per day, and crops that cattle eat also need water. This concept is called virtual water. The issue that virtual water rise is people actually do not know the real consumption of water. People know that some countries are lacking the source of water and they struggling to get clean water, however, they do not try to reduce the amount of water used in meat production. Reducing the consumption of meat and become vegan is reasonable if people want sustainable future.

In conclusion, becoming vegan has got multiple benefits. Becoming vegans can help animals that are not well treated. Although the method of slaughtering livestock has changed, meat production still has many ethical problems. Vegan diets are very notorious so that people can have enough intake of essential nutrients which meat based meals are lacking. Veganism can be the solution for the obesity problem as well. Veganism also relate to environment problems in a positive way. Agriculture often do harm on environment, whilst plants releasing fresh air. Even though, meat based cuisine is a main stream, becoming veganism is very reasonable.

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