

Title:

Eating Low On The Food Chain: Vegetarianism

Word Count:

445

Summary:

Vegetarianism is becoming more and more popular. Some people chose to become vegetarian because of health issues, animal right issues or they simply don't enjoy the taste of meat. There are several types of vegetarians which include semi vegetarians, who still eat meat, but eat meat and all animal products in small amounts. These type of vegetarians usually eat this way because of a health problem such as high blood pressure, obesity or heart disease. Lacto-ovo vegetarians do...

Keywords:

Vegetarianism

Article Body:

Vegetarianism is becoming more and more popular. Some people chose to become vegetarian because of health issues, animal right issues or they simply don't enjoy the taste of meat. There are several types of vegetarians which include semi vegetarians, who still eat meat, but eat meat and all animal products in small amounts. These type of vegetarians usually eat this way because of a health problem such as high blood pressure, obesity or heart disease. Lacto-ovo vegetarians don't eat any meat but include dairy products and eggs in their diet, this is the most common type of vegetarian in Western cultures. There are also lacto vegetarians, who do not eat eggs, but still eat dairy. The last and most extreme type of vegetarian is a vegan. This type of vegetarian doesn't include any type of animal products in their diet, including honey and gelatins. They often avoid wearing clothing made out of leather or wool and only use products which are not tested on animals. Most vegans become vegetarians because of issues concerning animal rights. Some vegetarians will only eat white meats, such as chicken or fish, or will only eat meat that is labeled "free range", which indicates that the animals were not raised under cruel conditions.

A lot of people who eat meat can't understand how a vegetarian can be healthy. The truth is that vegetarians tend to be a lot healthier than meat eaters. Statistics show that meat eaters are three times more likely to develop heart disease or breast cancer than vegetarians. Meat eaters are also 400% more likely to develop colon cancer. Eating too much meat has also been linked to obesity

and excess weight. On average, vegetarians live about 6 years longer than meat eaters.

If you decide you want to become vegetarian, you have to make sure you are consuming enough healthy foods. A healthy vegetarian doesn't survive off of white bread and pasta alone. Make sure to include a lot of fresh fruit and vegetables, whole grain pastas, breads and rice, lots of beans and legumes, soy proteins, tofu, and nuts. Make sure you get adequate amounts of calcium by eating a lot of soy milk, tofu, spinach, kale and other vegetables high in calcium. If you are still eating dairy products and eggs, make sure you are consuming them in healthy amounts.

By switching to a vegetarian diet, you will improve you're health and lose weight as long as you are eating the right foods. There is a lot of information on the internet concerning the issue of vegetarianism, so you can find out which type of vegetarianism is right for you.