**EMILY YOUNG WEEK 6 WRITING WIZARDS**

Meat VS Veggies and Fruit

In the depths of human hunger, animals wither away in gruesome confinement, their desperate whines of distress echoing in squalid, suffocating quarters, while outdoors, which once had been a lush plain filled with greenery, to the bare hills that suffered deforestation, uncovering a global tragedy

If we eat too much meat of a specific animal, that animal could be endangered or worse, extinct! If cows go extinct, where will we get full cream milk from? If pigs go extinct, where will we get leather from? Where will we get wool if sheep goes extinct?

All the animals we eat have a material that they provide, if they disappear, it will be harder to get that resource. We live on this planet, we exist to look after the land, the people, and other life forms. We need a change.

If you had a diet of only meat, you would experience **withdrawal, diarrhoea, fatigue, and muscle cramps. In a study conducted by Finnish researchers, 2641 men who are ages 42-60, ate a meat only diet, which consists of red, white and organ meat. 1225 men died. This is proof that meat can negatively affect your health.**

**With a vegetarian diet, there are many benefits, like they are efficient for weight loss, and they contain chemicals that reduces DNA damage, but if you eat too much, you will experience great loss in**

* Essential omega-3 and omega-6 fats
* Vitamin D
* B-vitamins
* Zinc
* Iron
* Calcium
* Chromium
* Copper
* Iodine
* Manganese
* Molybdenum
* Phosphorus
* Selenium

**Did you know that one quarter of people who suffer from nutrient deficiency die? Diets are a big part of keeping you alive, too much and too less meat and vegetables can negatively affect your body.**

**Most dietitians recommend a well-balanced meal, they are important, no matter what your goal is. Your body needs the right amount of nutrients, whether if you want to gain muscle or loose weight. Incorporating meat, fruits and vegetables is a well-balanced diet plan, and running solely off one thing is unhealthy for you. Using this diet, will allow you to live a healthy lifestyle.**

**In conclusion, the battle against meat against fruit and vegetables, comes to an end. Tying with each other, each option has its own pros and cons, but the thing that matters is health. As the people say**

**Health is wealth**

* ***Emily young***