Dear Community,

Have you ever considered becoming vegan? Anyone who has ever done it is extremely smart. Vegan is a diet type which is a part of time where you only eat food that grow from plants. Becoming vegan will help all the poor animals that have to be killed every day. It will reduce your risk of catching life-threatening diseases and you will have a large amount of weight loss after being vegan for at least a month. Who wouldn't want to be fit and have enormous decrease on the chance of diabetes and other deadly diseases for just simply becoming vegan.

Millions of rabbits and chickens are killed every day to make a countries food. Restaurants like KFC kill at least 1000 chickens every day to serve customers. Being vegan will lower the number of animals killed every day. If we all work together as a team, then hundreds of animals will be saved from slaughter every month. Every bit of contribution would help.

In total only 61 vegans have died because of their diet while beef eaters The chance of dying because of it is so low that the benefits are almost quadruple the disadvantages. Being vegan will help decrease the chances of cancer, type 2 diabetes, heart problems and bad cholesterol. There are so many more life-threatening diseases that this diet can prevent, and studies show that vegetables are rich in nutrients which boosts your lifespan. Who wouldn't want a longer life.

Processed meat contains many bad and unhealthy sources of food that increase the risk of cancer and diabetes type 2 while it can negatively impact your lifespan. Red meat is highly saturated in fat which is extremely bad for anyone’s health and for diets.

I hope you have understood why we should become vegans, and I hope you have become a vegan but if you're not, then please consider it as it will have many benefits that you probably don't understand.