

should be the learning the introduction to a healthier lifestyles. Consuming the right food is associated with better benefits such as a healthy body: inside and out. People should be more careful of what they put in their body.

Have a major health issue? Feeling more fatigue, more sluggish than usual after drinking soda or simply eating a steak? Or would you simply like a change in not only diet but lifestyle? According to Christina Stiehl's article "*17 That Happen To Your Body When You Drink Soda (2018)*" Soda increases the the risk of pre-diabetes and--more severally--type 2 diabetes; the silent cancer and according to Carina Wolff's article, "*Too Much Meat (2017)*" eating too much meat increases a plethora of such as bad breath, dehydration, body odor, constipation, headaches, increases the risk of vision loss, weak bones--last but not least--gut issues. These body deteriorations are the best reasons for switching a diet considering eating meat isn't the healthiest for people. In fact, it does more damage than good. Cutting back on consuming it would be a great first step to take, though the fact remains that eating *any* meat-- including white meat (poultry)--has a multitude of long-term risk to health that comes along with it while gorging on it. It's worth knowing what the endangerment of consuming unhealthy foods. Instead of trying to switching a diet all at once, opt to get a healthier version of the consumption of choice. For example, in lieu of drinking soda--seltzer water, tonic water, and sparkling mineral water (etc,) are the next best option. They're a variety of flavors to choose from that are just as delicious as the real thing, albeit being a healthier choice. There are a plethora of easier ways to transition into a better lifestyle than switching all at once. Rebecca Frey pinpoints the first options to healthier food eating. She describes it as, "Veganism, which is sometimes called strict vegetarianism or pure vegetarianism, is a lifestyle rather than a diet in the strict sense." Chris Park & Michael Allabay describe the second option, vegetarianism, as, "A person who eats

only plants, not meat. A herbivore.” Philip Chua’s defines another possible choice for healthier eating as, “A pescatarian or pescetarian is a person who opts to eat fish and other seafoods and vegetables, but not meat. No pork, beef, chicken or any other meat from animals.”

Considering there are a variety of options to choose from, picking the best one for a lifestyle is ideal. In order to get a better grasp at understanding each diet, comparing and contrasting is the next step. After reading Rebecca Frey’s “Veganism: The Gale Encyclopedia of Diets: A Guide to Health and Nutrition,” she claims “In terms of food consumption, vegans exclude all meat, dairy, fish, poultry, and egg products from the diet, deriving their protein from such sources as beans, tofu and other soy products, nuts, seeds, and whole grains.” Some may think the exclusion of red meat can not possibly be a good thing but the benefits of not doing so outweighs the detriments. Some of the benefits Rebecca Frey emphasizes in her documents are, “The benefits of a well-planned vegan diet are similar to the health benefits of the less strict vegetarian diets—lowered blood pressure, lower rates of cardiovascular disease and stroke, lower blood cholesterol levels, and lowered risks of colon and prostate cancer are associated with a vegan diet. In general, vegans tend to lead healthier lifestyles. Most people lose weight on a vegan diet, especially in the first few months; moreover, weight loss is usually greater on a vegan diet than on a vegetarian diet permitting dairy products.” After reading ‘*Are you a Pescatarian?*’ according to Philip Chua, he mentions the pros to another choice of healthier eating concerning the environment, pescetarianism, “Evidence-based data show that those who regularly eat meat, especially red meat and processed meat, have increased death rate from overall causes, risk for cardiovascular, metabolic (diabetes/thyroid diseases, etc.), Alzheimer’s, and cancer. Fish provide omega-3 fatty acids, which are healthy and cancer-preventive, like vegetables, some fruits, nuts, and spices, which are anti-cancer foods. Red meats

contain a lot of saturated fats, choline, and carnitine. Eating fish raises high-density lipoproteins (HDL), the good cholesterol. Others use this no-meat diet as a transition to vegetarianism.”

Just like the pros of this subject, there are some cons that comes with it as well. There are a few risk concerning switching a diet to veganism, Rebecca Frey mentions some of the same information similar to Philip Chua concerning the pros to another choice of healthier eating. She stresses, “The longstanding concern expressed by registered dietitians and other health professionals about vegan diets is the risk of nutritional deficiencies, particularly for such important nutrients as protein, minerals, vitamins, iodine , and omega-3 fatty acids.” This can be a problem regarding people’s intake. It gives the people who participate in this diet no choice but to take supplements in order to supply said nutrients. She also sends awareness and precaution of taking said supplements and how it can affect certain people, “It is particularly important for pregnant women to maintain an adequate intake of vitamin B12, as a lack of this vitamin can cause irreversible neurological damage in the infant. In addition, some studies indicate that vegans are at increased risk of osteoporosis and bone fractures compared to either meat-eaters or less strict vegetarians because their average calcium intake is lower.”

Just like pros and cons coming with trying a new diet--veganism & vegetarianism--there are some precautions that Rebecca Frey elaborates on, “As with adoption of any vegetarian diet, people considering a vegan diet should consult a registered dietitian as well as their primary physician before starting their new lifestyle. The reason for this precaution is the strictness of vegan regimens as well as variations in height, weight, age, genetic inheritance, food preferences, level of activity, geographic location, and pre-existing health problems among people. A dietitian can

help design a diet that the person will enjoy eating as well as ensure that he or she is getting adequate nourishment and other health benefits.”

In conclusion, the switching of diets or refraining from eating a particular food is embraced by a plethora of people for justifiable reasons.... Many people object to eating meat out of respect, love and care for animals and natural resources. These ethical motivations could be derived from various religious beliefs, and most certainly animal rights activist. Other components of not eating meat are health-related and economical, or more commonly the personal preference as in lifestyle. Making this change in a lifestyle will help people far in the future especially regarding children--if any are had. One can give their children the tool to a healthier lifestyle and hopefully one would be around longer than usual to experience them doing so. Although the vegan diets sounds like the better option I believe picking the diet of a vegetarian will help live a long lifestyle considering they're are too many precaution regarding the vegan diet. The intake on supplements are too great and would affect the body inside and out, and if one is female and hopeful for a baby in the future--it may effect that as well. All the aforementioned diets would be better than solely eating meat. So, convert to a healthier lifestyle by laying off the flesh and starting to eat fresh.

Work Cited

Resources:

Cover Picture

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