

Tyné Hazel

En1133

Professor McCoy

5/2/18

What the Health?: Promoting Vegetarianism and Veganism to Omnivores

Health is a major concern and everyone wishes to be in the best health. In order to improve health, or at least not deteriorate it, one must control what they consume. The priority shouldn't be dropping a few pounds or being content with their current waistline, healthy eating is an introduction to a healthier lifestyles. People should lean toward this concept. Consuming the right food is associated with better benefits such as a healthy body: inside and out.

The best reason for switching a diet would be solely for the simple fact that eating meat isn't the healthiest for people, in fact, it dose more damage than good. After reading the article, '*8 Reasons Meat Is Bad For You (Yes, Even Chicken)*' it was stressed that, "*The World Health Organization* had a major headlines last year when it

declared processed meat a "carcinogen" that increases your risk of colon or rectum cancer by 18 percent. But it's not just processed meat that poses a health risk — science has known for a while that eating all kinds of animals, including "white meat," is bad for you."

My mother had always recited the mantra "eating too of one thing is a bad thing" so I deemed eating red meat excessively bad for my health, so I decided to wean off certain pork, beef, ect and shortly after I was all for eating only white meat such as turkey, chicken and fish. With no trans fat filled red meat, I believed I was exempt from all the other health issues that came with it. {Cutting back on the on the red meat consumption is a great first step to take, though the fact remains that eating *any* meat--still including white meat (poultry)--has a multitude of critical long-term risk to health that comes along with it.} It's worth knowing what the endangerment of consuming unhealthy foods.

Good nutrition is only part of living a good lifestyle. With the addition of physical activity--working out--a certain selection of food can aid one in reaching and maintain a healthy weight for a desired body structure, provide the prominent nutrients that one's body needs to produce new cells, clean toxins, and reduce the risk of chronic disease, diabetes, and brandishing overall good health and a longer life. "A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease by maintaining blood pressure and cholesterol levels. High blood pressure and cholesterol can be a symptom of too much salt and saturated fats in your diet."

“What you eat largely impacts the way your body functions. Eating poorly or well can make a big difference on both the physical and mental aspects of your body. Eating a healthy diet affects your body in a positive way. You’ll notice you feel better and seem to function better. A healthy diet can balance out your body and allows it to function in its most efficient state.”

The abstinence of animal product could be for more reason than just health, it can be for religion, to preserve Earth’s natural resources, morals, especially if one love animals and has an ethical opposition to eating them. In turn of restraining from meat, and *‘22 Reasons to Go Vegetarian Right Now – benefits of vegetarian diet’* claimed that it, “help to bring down the national debt. We spend between \$60 billion to \$120 billion annually to treat the heart disease, cancer, obesity, and food poisoning that are byproducts of a diet heavy on animal products.”

“A vegan diet excludes all animal products, including eggs and dairy. Some vegans also avoid other animal products such as beeswax, leather or silk clothing, and goose-fat shoe polish.”

In order to commence the transition one will need a new practice. A practice like veganism, vegetarianism, and even pescetarianism is a way to abstain from consuming meat. Eating healthy isn’t the easiest, switching what one’s consume day to day should be weaned off. If it switching was easier, everyone would have a blast doing so. Considering being an omnivore by default, one’s diet must be void of meat. As mentioned before, there are 3 options to choose from regarding changing one’s diet, lifestyle. The first option is vegetarianism. Vegetarianism is the abstinence of any

type of meat and some animal products. The second option is pescatarism: which is the practice of abstaining from flesh with the exception of fish. Last but not least, veganism, which is the restraint of eating animal flesh or using animal products. Out of all the options veganism is the considered the healthiest due to the lack of not only hormone infested meat but animal products. The major issue from eating animal flesh include significantly increases the risk of cancer.

Depending on when one is transitioning in their life, if one is growing or not, one may find that they consume food often or find themselves with an increased appetite. This is normal, just accommodate it. Extra calories are needed for the body and tend to be considered good, as long as one is not overeating and not exercising. This can lead to unhealthy weight and body conditions, such as obesity and diabetes. In order to eat healthy it's a necessity to change meals and snacks. For example, grains similar to flour or refine wheats has higher amounts of starch that the body just stores away and doesn't use compared to whole wheat. Whole grains such as whole wheat bread, brown rice, and oats preserves energy over a longer period of time after digested. It's stressed heavily by the food pyramid that vegetables, dairy products, grains, meat (poultry) and fish. A varied diet and eating consumables that are high in fat or calories only in moderation. Following a healthy diet is a endurance of a life decision.

It's not mandatory to give up fattening foods and sweets such as cake, ice cream, or pizza. But it is safe to not consume them often and to eat reduced-fat or lower-sugar versions. Drink water, seltzer water, milk, juice or diet soda instead of soda. Instead of regular milk, vegans switch out milk for soy milk, skim milk and

almond milk. Veganism can alleviate current issues due to eating... Substituting olive oil for butter. For snacks, replace regular snacks with healthier options such as fresh fruits, dried fruits, vegetables, popcorn, rice cakes, crackers, fat-free or low-fat cheese or yogurt, and pretzels.

Don't fret about switching all at once, it's not required to, one can take baby steps into transitioning and they will start to feel some effects. Some pros of switching would be the enhances mood, increase of productivity, regulate weight, less doctor visits, possibly saving money on life insurance. Transitioning to a "no eating meat" lifestyle seems daunting, though usually it's the notion of a big lifestyle change is a lot scarier than the actual execution. Like mentioned before, if one focuses on making one change at a time the progression to veganism will feel quite natural. A guideline would be to learn as much as you can before commencing the transition. The first step is to start familiarizing yourself with products other than meat. Getting used to foods other than fatty red meat will assist being knowledgeable as you begin changing your lifestyle. Add to your daily regime before subtracting from it. When in doubt, find and remember the motivation to change your diet. If you still have wet feet one can embark on this life journey by slowly transitioning from omnivore, to pescstarian, to vegetarian to full blown vegan.

Following through with a healthier diet will extends and lengthens their life. If one has been living underneath a rock and haven't guessed by now, all aforementioned benefits accumulates and equates to a longer life. n the fully adjusted model, fruit and vegetable consumption was associated with all-cause mortality. Those who ate one to

less than three portions of fruit and vegetables a day showed significantly greater survival than those eating less than one portion per day.

In conclusion, abstaining from meat may be adopted by people for numerous 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 possibly even animal rights group activist. Other components of not eating meat are health-related, political, economical, or more commonly the personal preference as in lifestyle. Making this change in one's lifestyle will help far in the future when making healthier decision for children in the future. 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. So lay off the flesh and start eating fresh.

References

Link- (<https://www.livestrong.com/article/373044-effects-of-healthy-eating/>)

Oyebode O, Gordon-Dseagu V, Walker A, et al Fruit and vegetable consumption and all-cause, cancer and CVD mortality: analysis of Health Survey for England data J Epidemiol Community Health Published Online First: 31 March 2014. Doi: 10.1136/jech-2013-203500

Krantz, Rachel "8 Reasons Meat Is Bad For You (Yes, Even Chicken)"

February, 15, 2016. May, 13, 2018.

Link-(<https://www.bustle.com/articles/137865-8-reasons-meat-is-bad-for-you-yes-even-chicken>)

* Vegetarian Times' Vegetarian Beginner's Guide (Macmillan, 1996)

* 101 Reasons Why I'm a Vegetarian by Pamela Teisler-Rice (Viva Vegie Society, 1995)

* Vegan: The New Ethics of Eating by Erik Marcus (McBooks Press, 1998)

* 365 Good Reasons to be Vegetarian by Victor Parachin (Avery Publishing Group, 1998)

* World Watch Vital Signs (W.W. Norton, 1998)

* The Perfectly Contented Meat-Eater's Guide to Vegetarianism by Mark Warren Reinhardt (Continuum, 1998)

* The Vegan Sourcebook by Joanne Stepaniak, M.S., E.D. (Lowell House, 1998)

Norine Dworkin "22 Reasons to Go Vegetarian Right Now – benefits of vegetarian diet".

Vegetarian Times. FindArticles.com. 13 Sep, 2010.

http://findarticles.com/p/articles/mi_m0820/is_1999_April/ai_54232138/

"<http://www.utahkrishnas.org/22-reasons-to-go-vegetarian-right-now-benefits-of-vegetarian-diet/>"

