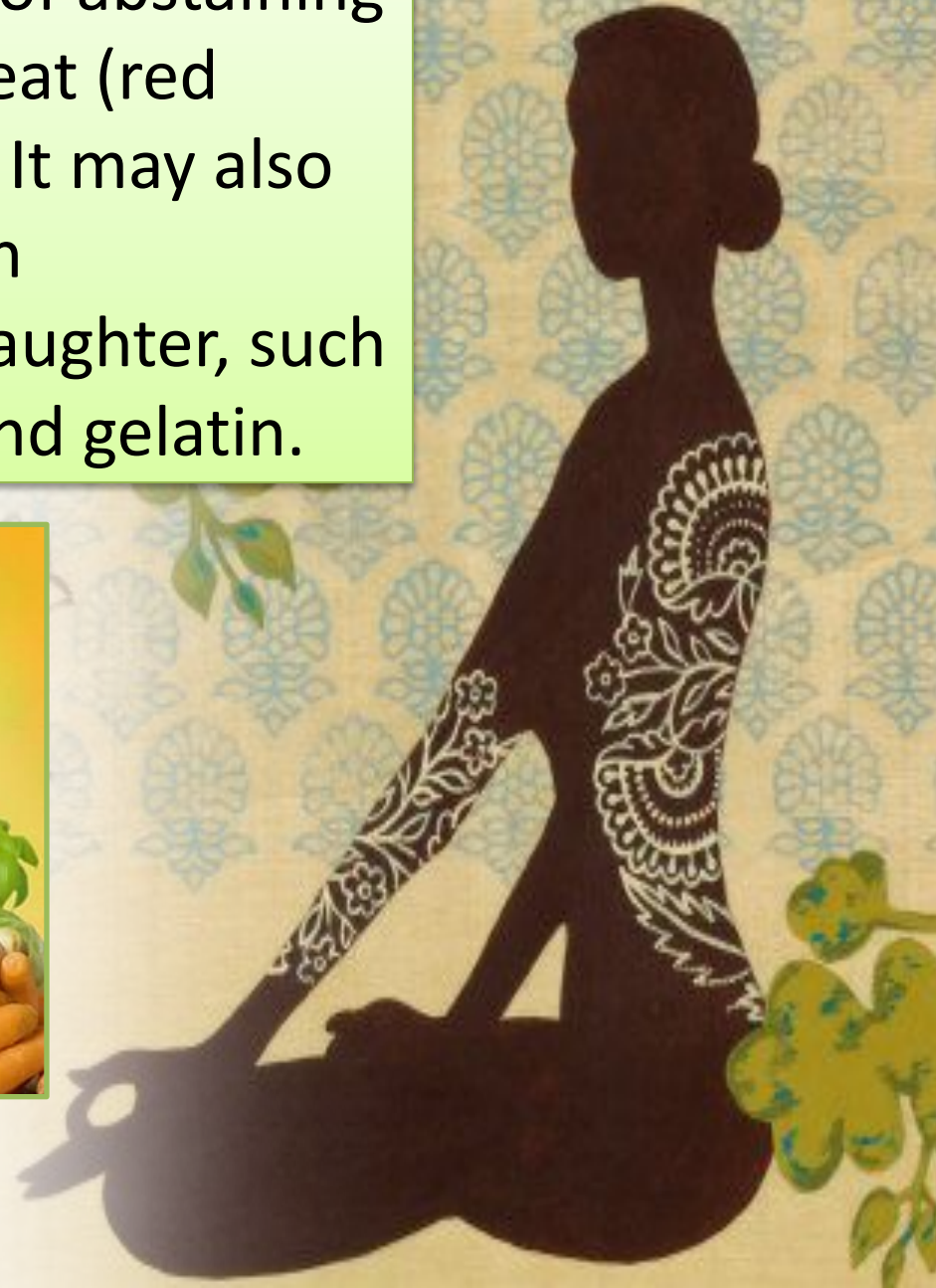


# Vegetarianism

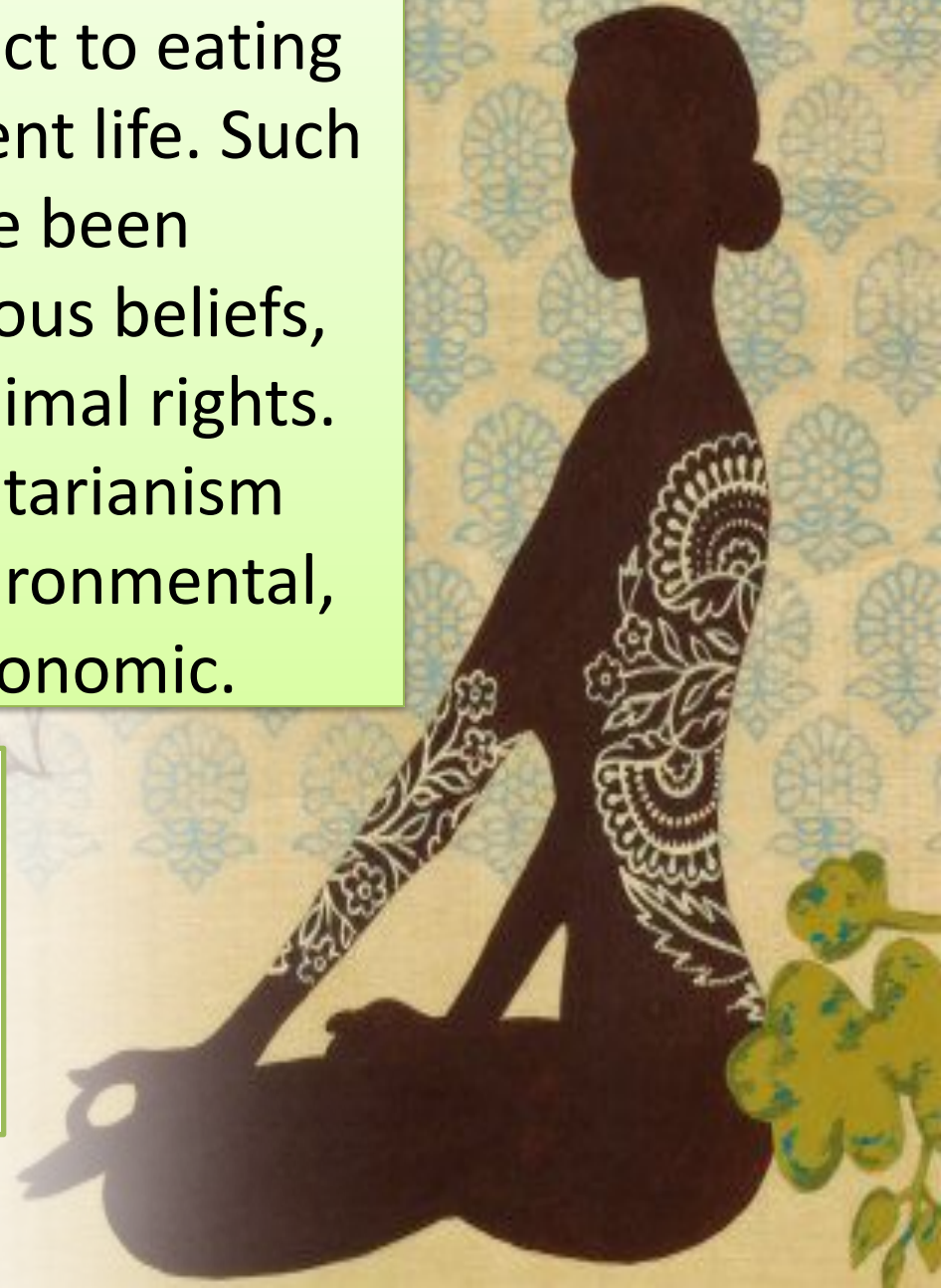
meat or no meat?



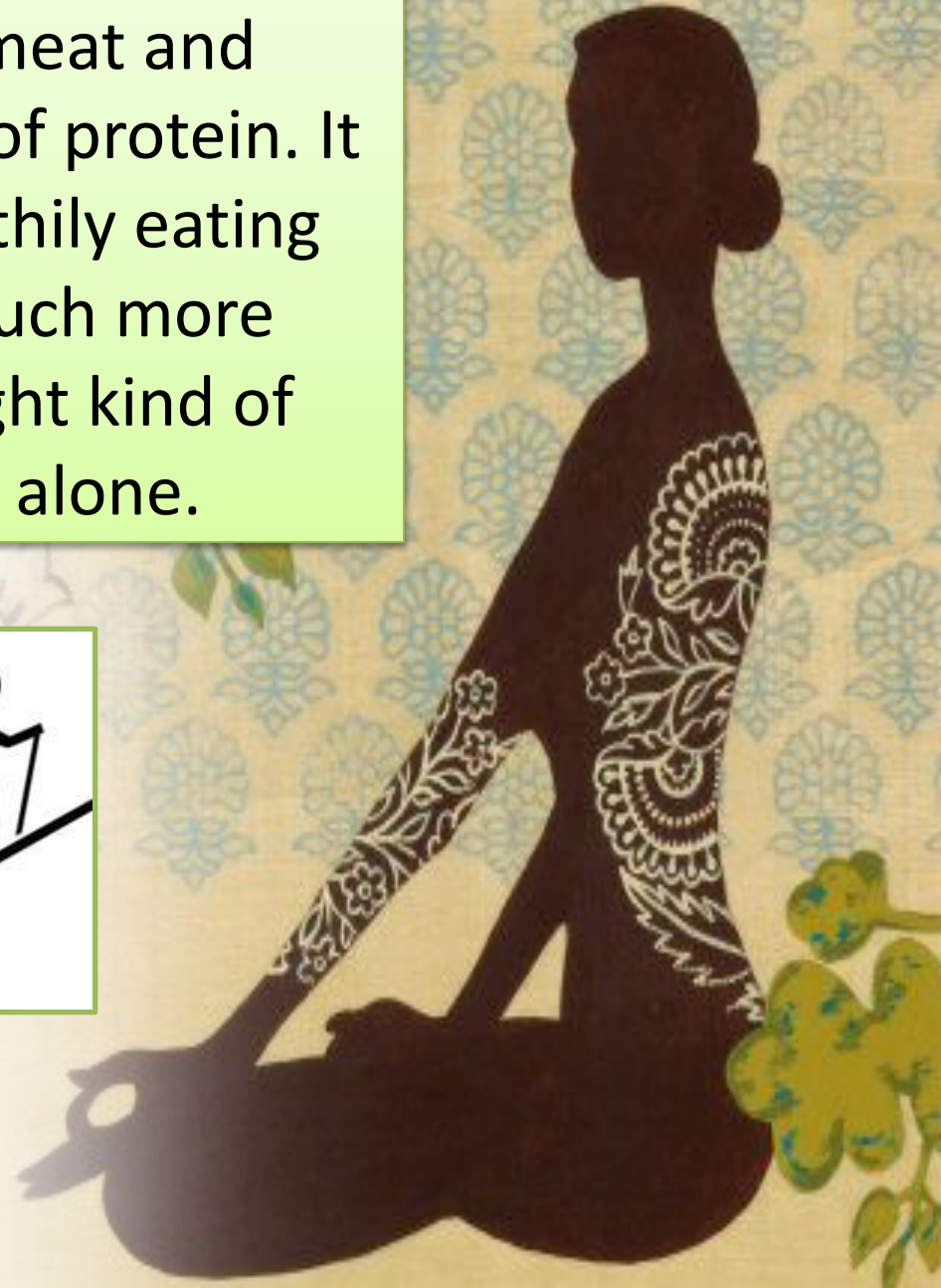
**Vegetarianism** is the practice of abstaining from consumption of meat (red meat, poultry and seafood). It may also include abstention from by-products of animal slaughter, such as animal-derived rennet and gelatin.



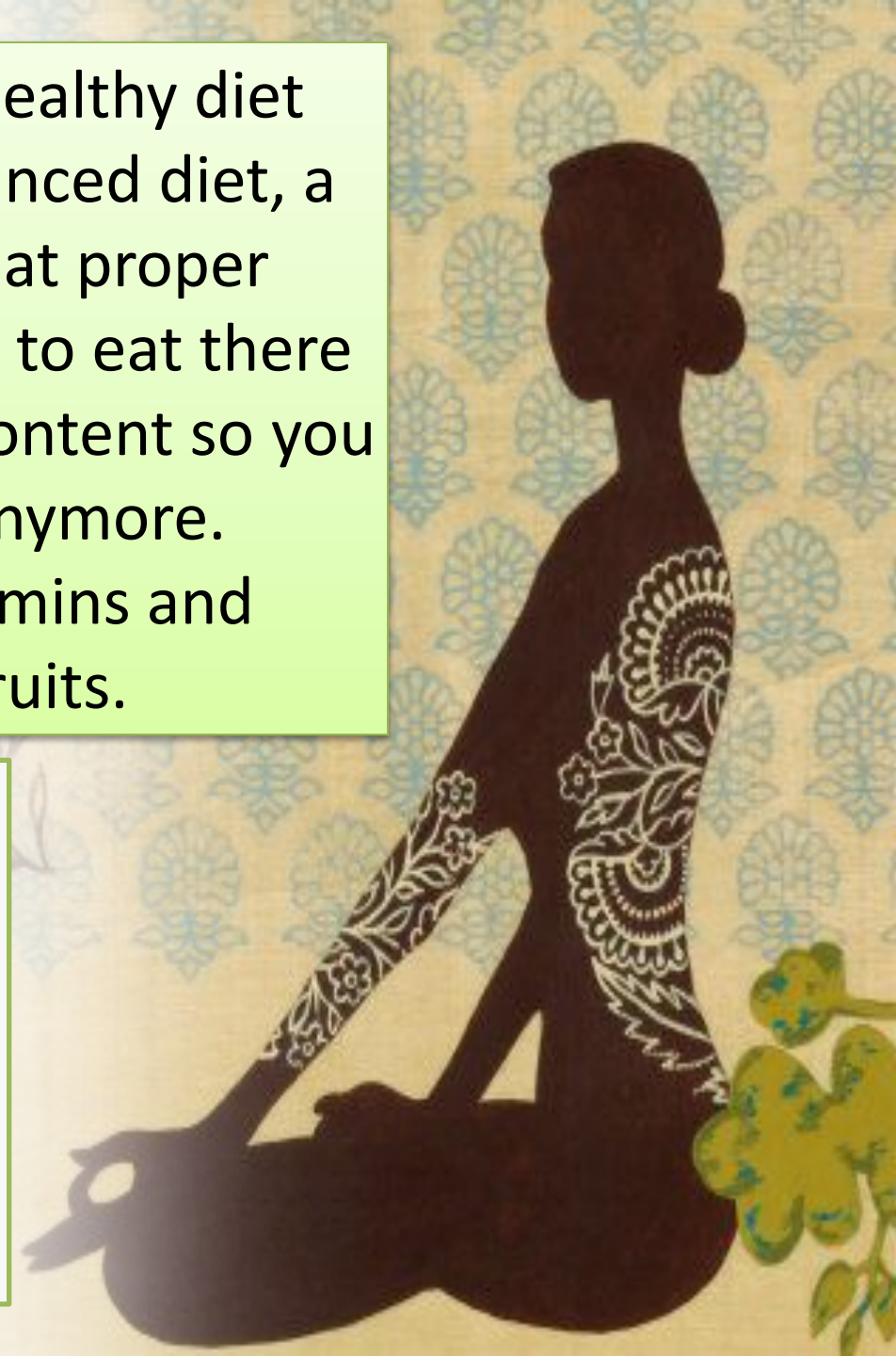
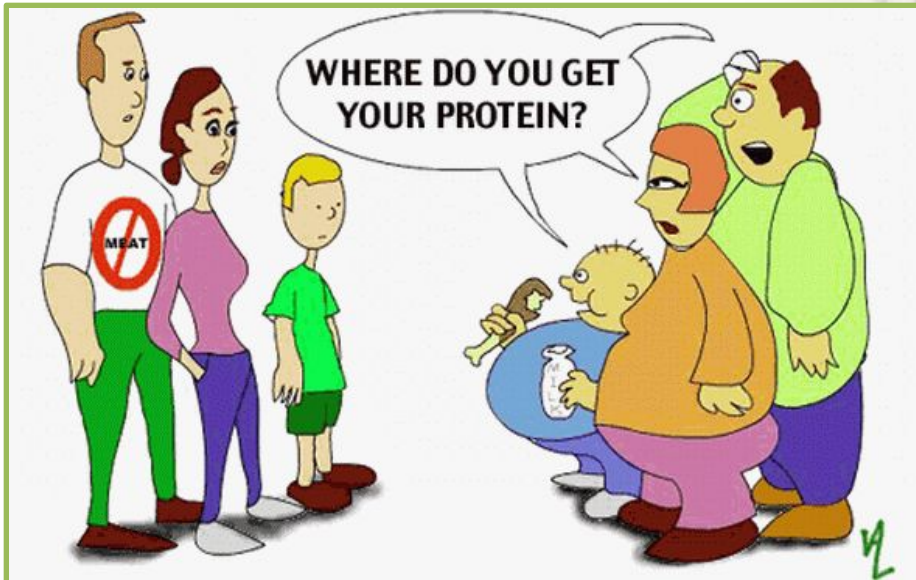
Vegetarianism can be adopted for different reasons. Many object to eating meat out of respect for sentient life. Such ethical motivations have been codified under various religious beliefs, along with the concept of animal rights. Other motivations for vegetarianism include health, political, environmental, cultural, aesthetic and economic.



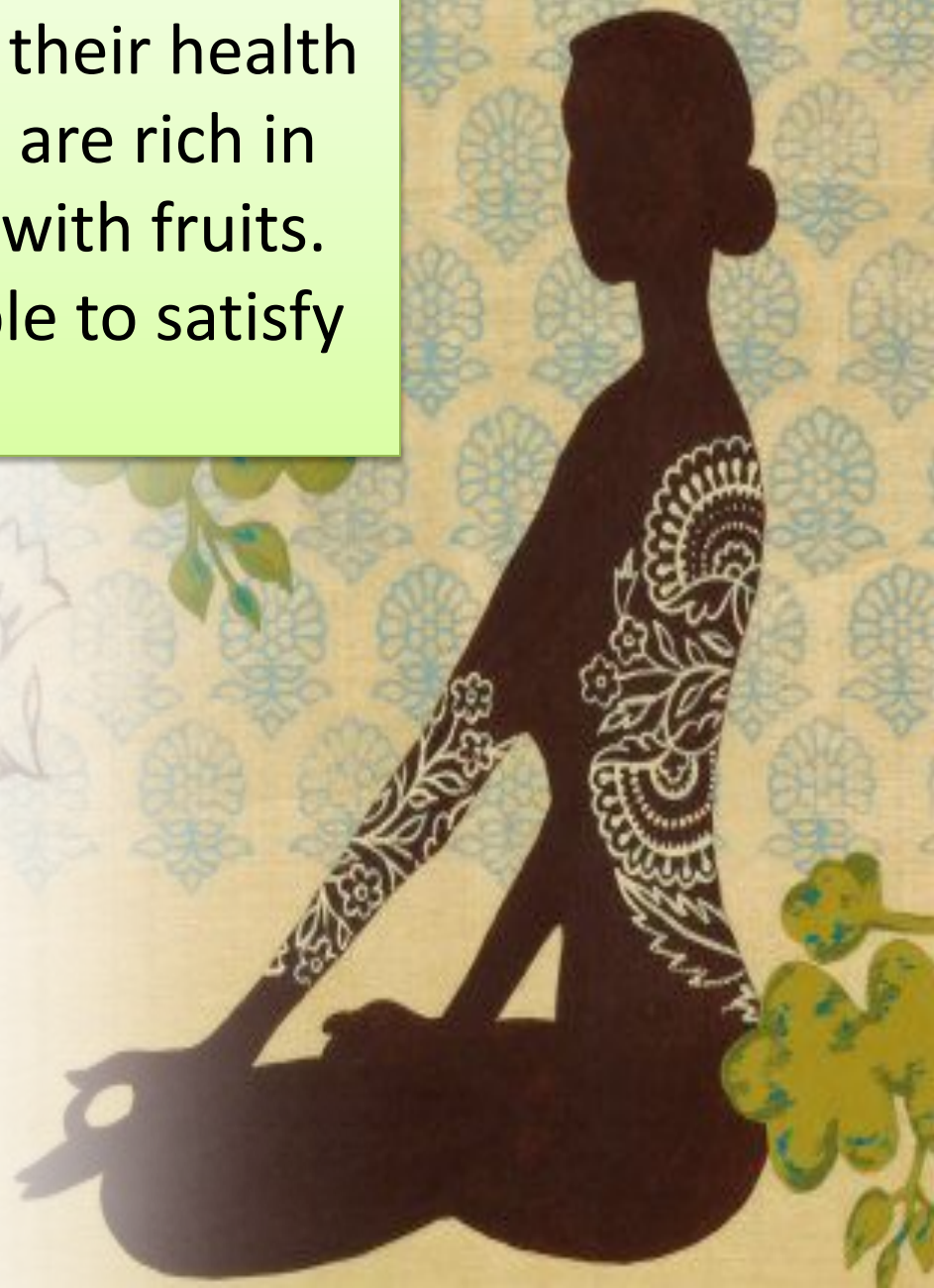
But humans are omnivores and I think that their natural diet is both meat and vegetables. Meat is a source of protein. It is quite possible to live healthily eating only vegetables but it is much more difficult for us to get the right kind of protein from vegetables alone.



But vegetarians think that healthy diet according to science is a balanced diet, a diet with proper nutrients at proper amount. Vegetables are good to eat there are vegetables with protein content so you don't have to eat meat anymore. Vegetables are rich in vitamins and minerals same with fruits.



Vegetarians should always discuss their diet with a doktor. Otherwise their health may deteriorate. Vegetables are rich in vitamins and minerals same with fruits. But not all of them are capable to satisfy people.



# Thank you for watching!

Created by Anastasiya Izmaylova  
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