

# Please Don't Eat the Animals: All the Reasons You Need to Be a Vegetarian // Quill Driver Books, 2006 // Jennifer Horsman, Jaime Flowers // 9781884956607 // 127 pages // 2006

A balanced vegetarian or vegan diet can provide many health benefits. These diets have been associated with weight loss, better blood sugar control, a decreased risk of heart disease and a lower risk of certain types of cancer (1, 2, 3, 4). However, it can be challenging to maintain a well-rounded vegetarian diet that provides all the nutrients you need. This article uncovers some of the most common mistakes people make on a vegan or vegetarian diet, and how to avoid them. 1. Assuming That Vegan or Vegetarian Products Are Automatically Healthier. Unfortunately, just because a food product is First in the West, and now in our country, vegetarianism is becoming more and more popular - a food system, from which proteins of animal origin are excluded. Simply put, adherents of this direction completely or partially refuse to eat meat, replacing it with plant products. For some, such a nutrition system is a reflection of the psychological rejection of violence against animals, for some - it. A vegetarian is someone who avoids eating the flesh of animals (meat, poultry, or fish, including shellfish). Most vegetarians will also not eat eggs or cheese or use cosmetics or toiletries made that contain animal ingredients or are tested on animals. The word "vegetarian", coined around 1842, comes not from "vegetable" but from the Latin word vegetus meaning "whole, fresh, full of life". People are vegetarians for a number of reasons. Some think that it is wrong to keep and kill animals for use as food and in other products. Others choose to be vegetarians because they believe that a vegeta...