English Grammar

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I wanted to do a compare and contrast on meat eaters verses vegetarians. Korean love to eat meat, especially pork. So I wanted to know if eating too much meat was bad. Sometimes I hear people saying today that meat is no good. Some people say that today we do not need to eat meat. Something that is not in Korea is vegans. This is new to me. They do not eat any meat or anything that comes from meat. These are some things that I want to put that I found from a healthy eating site.

It says that the rise in the average American body mass index causes grave concern among health practitioners. Extra weight increases the risk of cardiovascular disease, diabetes and arthritis. In a University of Oxford EPIC study reported in the June 2003 "International Journal of Obesity and Related Metabolic Disorders," researchers compared body mass index, or BMI, between four dietary groups. The study, which included 37,875 individuals, divided subjects into meat-eaters, fish eaters, vegetarians, who eat eggs, and strict vegans. All three of the vegetarian groups had a lower body mass index on average than the meat-eater group. High-protein and low-fiber intake correlated with the highest BMI levels; vegans had the lowest BMI.

Vegetarians have a higher risk of developing nutritional deficiencies caused by lack of animal protein in their diet than meat-eaters. The more restrictive the diet, the higher potential for vitamin B-12, protein, calcium and iron deficiencies. Food from animals supplies all the essential amino acids, the building blocks for protein, while most plant proteins, with the exception of soy and the grain quinoa, do not contain all the essential amino acids. Vegetarians must consume foods that contain different amino acids over the course of the day to ensure that they get all the amino acids they need. While plants contain iron, your body absorbs the iron they supply, called nonheme iron, less efficiently than heme iron from meat. Consuming foods high in vitamin C

along with plants high in iron increases iron absorption. Many vegetables contain substances that reduce calcium absorption, increasing the risk of calcium deficiency and bone loss in vegetarians who don't consume dairy products. Beans, lentils and vegetables such as spinach contain iron. I showed my husband this because he always tells me that we do not need meat. We can get everything from fruits and vegetables. So when I read that vegetarians have high risk of lake of nutrition, then I showed him that we need to eat meat too.

Vegetarians tend to have lower cholesterol levels than meat-eaters. High cholesterol is a risk factor for heart disease. A Brazilian study published in the January 2007 issue of "Arquivos Brasileiros de Cardiologia" compared cholesterol and triglyceride levels in different types of vegetarians and meat-eaters. Vegans had the lowest total cholesterol, low-density lipoprotein, the so-called "bad" cholesterol and triglyceride levels, while meat-eaters had the highest levels. However, vegetarians also have some increased risks for heart disease, according to a Chinese study published in the February 2011 "Journal of Agriculture and Food Chemistry." Risks include lower high-density lipoprotein levels -- the "good" cholesterol -- as well as lower omage-3 fatty acid levels and higher homocysteine levels, all associated with a higher risk of heart disease.

From what I know and read, we need to have a balance of vegetables and meats. I think this is why Koreans are very healthy. In every meal, Koreans eat a lot of vegetables such as spicy cabbage, green leafs, and many more. After every meal, most Koreans eat fruits which helps and also drinks tea. I think with everything there should be a balance. So I am glad to do this because I was able to show my husband that meat is okay if balanced. He said that vegetarians are better. Maybe every person's body is different and needs different things.