

Pros and Cons of Vegetarian Diets

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Dear Editor,

I am writing to express my views on vegetarian diets.

Firstly, in my opinion, a vegetarian diet is good because it contains low fat and cholesterol. We can minimize the risk of weight gain by having a vegetarian diet. As a result, we can avoid becoming overweight. A vegetarian diet is also helpful when one is trying to lose weight healthily. A vegetarian diet lowers the blood cholesterol levels, so we can lower the risks of getting heart disease and stroke. As you can see, having a vegetarian diet is very important and has different health benefits.

Secondly, vegetarian food is good for the environment. Some professors discovered that if we eat meat, the global temperature will increase because some animals will produce carbon dioxide, which raises the temperature. We can eat vegetables instead of meat. Also, green vegetables make food from carbon dioxide and water and release oxygen. So having a vegetarian diet is good for the environment.

However, having a vegetarian diet may cause a lack of calcium and vitamin D. These nutrients are very important for our bones. If we do not take in enough calcium and vitamin D, we will suffer from bone diseases, and our bones will fracture easily. So having a vegetarian diet will have negative effects on our bones if we do not plan carefully what we eat.

Some people may think that having a vegetarian diet will lead to a lack of calcium and vitamin D, so we should not be vegetarians. But in my opinion, having a vegetarian diet can make our body healthier and our environment better.

Yours faithfully,
Chris Wong

Teacher's Feedback: A good attempt to address both the benefits and limitations of a vegetarian diet, but you should be aware that a vegetarian diet can also provide a variety of nutrients and therefore it can replace meat. Careful planning of a diet should help to prevent those bone problems. This could strengthen your argument. (Mr. Ng Zi Soen)