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To Eat or Not to Eat

There are two widely accepted food consumers in this world: meat eaters and vegetarians. Meat eaters or omnivores have been the majority since animals existed. However, vegetarians are slowly becoming the dominant type of eater. These two food consumer groups eat according to what excites their taste buds. The foods people eat should be based on their culture, medical conditions, and financial circumstance.

Culture refers to the practice, attitude, foods, beliefs, religion, music, arts, language, and social habits a people have. Gary Steiner, author of the essay, *Animal, Vegetable, Miserable,* is a strict ethical vegan who firmly believes animals are not meant for consumption. Even though Steiner opposes animal consumption he states “animals were made expressly for the sake of humans… There is ample support in the Bible.” I agree with Steiner up to this point because I am a firm Christian believer; therefore, I abide by his teachings of the Bible. According to the Genesis 1.26 of the Bible, God states “Let them rule over the fish of the sea and the birds of the air, over all the earth, and over all the creatures that move along the ground.” Based on this Bible verse, humans have authority over all animals; therefore, people decide whether animals are killed for consumption or maintained. In Genesis 9.3 God states “ Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything”. This verse reassures that animals and plants were both meant for consumption.

Medical conditions are another factor people use to determine the foods they consume. Medical motives inspire people to pursue a healthier eating lifestyle.People who have health restrictions due to conditions like colon cancer are required to take on healthier eating habits. People who follow a Vegan diet with medical conditions can lower their risk of heart disease, high blood pressure, various cancers, strokes, high cholesterol, type-2 diabetes, and Alzheimer’s. Nevertheless, some vegan diets do not provide essential nutrients needed to live a healthy lifestyle.

Yet another factor that contributes to people’s food decisions are financial circumstances. Many people in society eat according to what they can afford and what is available to them. Meats, processed foods, and other non-healthy foods are cheaper and more convenient for people. Likewise, vegetables are just as affordable. Basically, it is thought to be that vegan eating habits are more expensive than a meat eater’s eating habits.

In general, the foods people should eat should be based on their culture, medical conditions, and financial circumstances. I believe that a balanced meal consisting of proteins, carbohydrates, lipids, vitamins, minerals and water is what people need to stay healthy whether it is being a meat eater or vegan.

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Genesis chapter 9 verse 3

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