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Meat, The Best in the World

People should eat meat because it builds muscle, including protein, it tastes great,  and it is inexpensive. Meat is a very important item that should be included in everyone's diet.  It is just as important as vegetables.  Meat and vegetables both provide nutrients to the body.

Meat builds muscle and provides protein for the body.  For people engaged in sports, meat is great to have in an athlete's diet. The body requires “certain types of amino acids” which meats provide for the body. Meat produces muscles and those muscles give the body strength and endurance. The strength and endurance allows people to be strong and powerful at anything they do.

Meat also has an amazing taste. If someone wants to eat meat, it has to taste wonderful. You want to feel like you are in heaven when you eat any type of meat. When meat is cooked well-done and seasoned correctly, it should make you fall in love with it everytime. In addition to the delicious taste of meat, it goes week with different vegetables and starches.

Inexpensive meat is reason why it should be eaten. Most people will not buy meat because it is very expensive. However, some grocery store will have a huge sale on all their meats which is a good time to rack up on meats. You could also use coupons to get great deals on meat which makes it inexpensive.  If it were me or anyone else, I would take advantage of any sale because I love it and it is healthy for the body.

Everyone should include meat in their diet. It builds muscles in the body and obtains protein. Meat has a wonderful taste when cooked correctly, and it can be inexpensive. I encourage everyone to eat meat.