Isaac Jones

Dr. Anita Underwood

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English 1101

Spare Me the Asparagus

Out of all the 323.1 million people that live in the United States of America, only five percent are vegetarians, which is about 16.2 million people. Therefore, about 307 million people are omnivores, which makes omnivores the majority of all the American people. Although the omnivore suffers from risk of heart attack by eating meat, the risk, in my opinion, is worth it. With having an advantage, to having poisonous metals, and showing how omnivores need to kill in order to live in a way, omnivores have some strong points and some weak points.

When talking about health, omnivores have the best of the deal. Doctors recommend both meat and vegetables for a person’s diet. Vegetarians can access the required proteins and vitamins, but omnivores have an advantage because meat is much richer in proteins than plants. Another topic that has made news stories in the last couple of decades is the controversy of hormones in beef and other meats that can cause cancer, according to *The New York Times* in 1990. I am a cattle farmer, and I think that adding growth hormones to goats, cows, chicken, and sheep is inhumane. The farmer does not provide good quality of life to the animals.

 A disadvantage of being an omnivore is that the diet has been shown to cause heart diseases. Also, people that switched from being omnivores to herbivores found they had lower levels of toxic elements such as mercury and lead. The heart diseases are usually caused by heart valves being blocked by eating fatty meats.

Food is needed for survival, even a healthy person can only last a week without food. Such as stated in Angier essay, titled Sorry Vegans, But Brussels Like to Live, Too. “It is a small tragedy that we animals must kill in order to stay alive.” (Angier 18-1e) Even eating fatty meats can cause heart failure humankind need to kill in order to survive.

Omnivores have both the best and worst deal because of their diet. The meat has the possibility to be toxic and cause cancer. But we need meat to live because of their properties with vitamins and nutrients.

Work Cited

You are not citing any of these sources inside the text, so your reader has no idea what information you are borrowing from these sources and where in the paper you are putting the information.

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Let me know if you have questions about my comments, Mr. Jones.

GRADE: 88