

Why you should become a vegetarian

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Around 3 billion animals are killed every single day. About 125 million animals are killed every hour. Over 30 thousand animals are killed every second. If humans don't change their ways, we are going to end up extinct like dinosaurs and no one wants that. Did you know you can save the planet by just eating less meat? And if it was that easy you would think everyone would do it. However only 8% of the world is actually vegetarian.

I think everyone should become vegetarian for a range of different reasons. Not only are you saving our planet, but you're also going to live a longer, happier life. In addition, you'll be saving the lives of many innocent animals. That may sound like a big call but here are the facts.

First of all, there are countless health benefits to becoming a vegetarian. For example, in a recent study it was found that a vegetarian diet has a lower risk of having cancer, diabetes and arthritis. It is proven that a lot of meat contains a large amount of fat, eating too much of it is not good for our bodies. In "comparison", being a vegetarian helps you stay fit and healthy while feeling better. It is also proven that on "average", vegetarians are in better moods and feel happier, after all you are what you eat!! Overall, being a vegetarian has many health benefits.

If more people don't change to a plant-based diet, our planet will be destroyed. Meat causes more gas emissions than all transportation combined, that means all ships, trains, buses and cars are making less gas than animals farmed for meat. This means there will be less greenhouse gases in our atmosphere. Greenhouse gases warm up our planet and by reducing them our planet will cool down. So global warming will decrease. Also by having less cattle farms there will be more land for other wildlife and crops.

Animals are suffering everyday for your benefit. You wouldn't kill your "pet", so how is it fair to kill animals? Animals are crammed into thousands of wire cages, metal cages or filthy enclosures inside sheds, that would be like us living in a cardboard box for the rest of your life. They won't be able to breathe fresh air or feel the warmth of the sun on their backs until they're on their way to the slaughter house. All around the world, people stab, beat, and gas animals to their death to fill our dinner plates, that doesn't seem right to me. Without animals we wouldn't be here today - we should be thanking them, not killing them.

I think everyone should become a vegetarian. Not only are you saving our planet but it is good for your health, and you are saving the lives of many animals. So why not become a vegetarian?? Since the beginning of this speech, over 5 million animals have died in order to feed us. It's time to act.