

Title:

Why Vegetarianism Is Good For You And The Planet

Word Count:

620

Summary:

Hundreds of different studies concur, showing that vegetarians who eat balanced diets have low

Keywords:

vegetarian, health, animals, planet

Article Body:

Even the Utah Beef Council admits, ^Several epidemiological studies indicate that vegetarians

Lower rates of disease amongst vegetarians

Hundreds of different studies concur, showing that vegetarians who eat balanced diets have low

In 1997, the World Cancer Research Fund recommended a vegetarian diet for reducing the risk of

Do you have to be completely vegetarian to benefit?

In 1999, a meta-analysis of several vegetarian and vegan mortality studies was conducted. The

Those who ate only fish saw as much as a 34% reduction in heart disease death, while their ove

In the same sense, the more you reduce consumption of animal products, the more you appear to

Vegetarian diets are good for the planet

Every year, meat eaters contribute to the cattle farming industry. This industry uses farm lan

Vegetarianism and the rain forrest

What you may not know though is that eating meat also contributes to the destruction of the ra

Vegetarianism and carbon dioxide emission

Estimates show that a vegetarian diet saves 1.5 tons of greenhouse gas per person per year. Th

Vegetarianism and water reserves

What's more disturbing is that every hamburger that originated from a rain forest cow required

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>