

## 5.2 Evaluating Diets

As a group, **evaluate** the sustainability of the following diets, for every claim you must include a reference to evidence supporting the claim.

### Omnivore

For	Against
People enjoy eating meat, especially in Western Culture. <a href="https://link.springer.com/article/10.1007/s10460-017-9787-7">https://link.springer.com/article/10.1007/s10460-017-9787-7</a>	Higher rates of cancer, diabetes and heart disease in “The West”...could it be because of some people eating too much meat?
The whole spectrum of food is available to them, there is a healthy amount of protein, nutrients, fiber, and vitamins such as vitamin B12. Consuming meat easier way to obtain things such as Omega 3 fatty acids.	However, someone which consumes this diet <i>“has a higher risk of consuming more saturated fats, which are harder to regulate.”</i> <a href="https://www.topfitnessblog.com/pros-and-cons-of-vegan-vegetarian-and-omnivorous-diets">https://www.topfitnessblog.com/pros-and-cons-of-vegan-vegetarian-and-omnivorous-diets</a>
Humans have always been eating meat as part of the food chain. <a href="https://www.npr.org/sections/thesalt/2013/12/08/249227181/between-pigs-and-anchoovies-where-humans-rank-on-the-food-chain">https://www.npr.org/sections/thesalt/2013/12/08/249227181/between-pigs-and-anchoovies-where-humans-rank-on-the-food-chain</a> (Even though we’re not at the top, more in the middle)	Human intestines, being far smaller than the ones of carnivores, find it much harder to digest meat. Although meat provides a great source of protein, our bodies may not have always intended on eating meat. <a href="http://www.gnolls.org/1444/does-meat-rot-in-your-colon-no-what-does-beans-grains-and-vegetables/">http://www.gnolls.org/1444/does-meat-rot-in-your-colon-no-what-does-beans-grains-and-vegetables/</a>

<p><i>“Consuming dairy products provides health benefits– especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body.”</i></p> <p><a href="https://www.choosemyplate.gov/dairy-nutrients-health">https://www.choosemyplate.gov/dairy-nutrients-health</a></p>	<p>There is a huge impact on the planet, the milk and dairy industry are argued to take up 75% of farmland worldwide. <b>Beef</b> results in up to 105kg of greenhouse gases per 100g of meat, while tofu produces less than 3.5kg.</p> <p><a href="https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth">https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth</a></p>
<p>Humans are also Animals, they have the right and need to eat meat</p>	<p>People eat too much meat, more than what humans require. Causing a significant decrease in animal populations</p>
<p>They have a full choice of nutrients and can easily find the vitamins they need, the best of both worlds</p>	<p>The high amount of meat eaten can result in high saturated fats and leads to obesity (many people who eat meat are obese) Too many processed foods can lead to a deficiency of vitamins</p>
<p>Meat is a good way to build muscle, especially when you exercise and are a sports person</p>	<p>Because of the number of chains containing meat, many people tend to steer towards places like McDonalds and KFC and makes people feel “fat and lazy” so they don’t exercise.</p> <p><a href="https://www.topfitnessblog.com/pros-and-cons-of-vegan-vegetarian-and-omnivorous-diets">https://www.topfitnessblog.com/pros-and-cons-of-vegan-vegetarian-and-omnivorous-diets</a></p>
<p><b>Evaluative Conclusion</b></p>	
<p>There are many arguments for and against an omnivore diet, with many it is difficult to find evidence that proves them true. Meat has become a great part of culture and lifestyle for humans and it has <i>some</i> benefits (protein, B12 ect) however at the same time, mass consumption of meat is a growing industry and has begun to destroy the planet. Not only this but meat has been proved to threaten people's health so the question is do humans have the ability to sacrifice</p>	

their lifestyle habits and part of their culture for the sake of saving the planet and their health.

The previous points demonstrate that humans have not become physiologically adapted towards eating meat, they have psychologically adapted their mindsets to a diet which involves the consumption of meat.

Despite the fact that an omnivore diet allows for enjoyment and consumption of a wide array of foods, which is common in certain cultures - particularly in the Western culture - there are many health risks as well as environmental impacts associated with this type of diet. Thus, one must evaluate whether or not they want to eat foods that gives personal satisfaction, no matter the detrimental effects - here ethics come into play.

## Vegetarian

For	Against
<p>Prevents certain diseases including heart disease, cancer, and type 2 diabetes. One study shows 25% less likely to die from heart disease, another study shows vegetarians are 19% less likely to die of heart disease <a href="https://www.health.harvard.edu/staying-healthy/becoming-a-vegetarian">https://www.health.harvard.edu/staying-healthy/becoming-a-vegetarian</a></p>	<p>Vegetarianism can cause vitamin deficiency including vitamin d, B12, protein, and calcium. Being a vegetarian means that a lot more care and planning has to be put in to ensure one is not lacking in these and others. <a href="https://www.everydayhealth.com/diet-nutrition/the-potential-health-risks-of-a-vegetarian-diet.aspx">https://www.everydayhealth.com/diet-nutrition/the-potential-health-risks-of-a-vegetarian-diet.aspx</a> Eventually vitamin deficiencies can affect other aspects of your life, for example, B12 deficiency or folate deficiency anemia causes changes in thinking, movement, yellow tinge to the skin, disturbed vision, depression and more. <a href="https://www.nhs.uk/conditions/vitamin-b12-or-folate-deficiency-anaemia/symptoms/">https://www.nhs.uk/conditions/vitamin-b12-or-folate-deficiency-anaemia/symptoms/</a></p>
<p>Can reduce carbon emissions (one of the biggest contributor to global warming) by 50%. For instance, if people who eat more than 100 grams of meat per day, reduce their meat consumption to 50 grams per day this</p>	<p>Many vegetarians claim that killing animals for meat, harms the environment. However, they fail to recognize the harm of cropping fruits and vegetables where harmful pesticides are still used which harm</p>

<p>could reduce their carbon emissions by a third.  <a href="https://www.newscientist.com/article/dn25795-going-vegetarian-halves-co2-emissions-from-your-food/">https://www.newscientist.com/article/dn25795-going-vegetarian-halves-co2-emissions-from-your-food/</a></p>	<p>other incredibly important predators for the environment, therefore disturbing the equilibrium in the environment.</p>
<p>Lower risk of high cholesterol, high blood pressure, metabolic syndrome and type 2 diabetes.  <a href="https://www.everydayhealth.com/diet-nutrition/the-potential-health-risks-of-a-vegetarian-diet.aspx">https://www.everydayhealth.com/diet-nutrition/the-potential-health-risks-of-a-vegetarian-diet.aspx</a></p>	<p>The agricultural process for producing eggs and milk, which are included in the vegetarian diet, still damages the environment - land, irrigation water, manure, tractor fuel, pesticides, and fertilizer are almost all necessary in commercial farming to produce fruits and vegetables.  <a href="https://www.newscientist.com/article/mg20727691-200-veggieworld-why-eating-greens-wont-save-the-planet/">https://www.newscientist.com/article/mg20727691-200-veggieworld-why-eating-greens-wont-save-the-planet/</a></p>
<p>Humans actually have vegetarian roots, but adapted to meat eating around the dawn of genus Homo, around 2.5 million years ago.  <a href="https://www.newscientist.com/article/dn4122-meat-eating-is-an-old-human-habit/">https://www.newscientist.com/article/dn4122-meat-eating-is-an-old-human-habit/</a></p>	<p>While many cultures and religions like Buddhism and Hinduism agree with vegetarianism, there is still a stigma in Western Culture around not eating meat, because of this.</p>
<p><i>“Vegetarian diets—naturally low in saturated fat, high in fiber, and replete with cancer-protective phytochemicals—help to prevent cancer. Large studies in England and Germany have shown that vegetarians are about 40 percent less likely to develop cancer compared to meat-eaters.”</i>  <a href="https://www.pcrm.org/health/diets/vegetarians/vegetarian-foods-powerful-for-health">https://www.pcrm.org/health/diets/vegetarians/vegetarian-foods-powerful-for-health</a></p>	<p>Although certain vitamins such as vitamin B12 are only found in animal products, these products also include dairy and eggs. Therefore, are still suitable for consumption by vegetarians. However, heavier vitamins such as iron, are easier to acquire through eating meat since you only need to eat a small portion of meat rather than eating a larger portion of something such as lentils or beans.</p>
	<p>There is a <b>misconception</b> that just because a person doesn't consume meat one is automatically healthy, it's about having a balance and getting the nutrients needed.  Vegetarians have a wider range of food choices than Vegans and can consume eggs, honey and milk products. <b>B12</b> is also found in milk products so there's less chance of a .</p>

	<a href="https://www.nhs.uk/live-well/eat-well/the-vegetarian-diet/">https://www.nhs.uk/live-well/eat-well/the-vegetarian-diet/</a>
<b>Evaluative Conclusion</b>	
The most sustainable diet that does not include the killing of animals but allows them to have a bigger range of food than vegans. In conclusion, the vegetarian diet is the most balanced diet. It is easy e	

### Vegan (Plant Based Diet)

For	Against
<p>Healthy, reduces the risk of many health conditions such as diabetes, obesity, cardiovascular disease</p> <p><a href="http://www.ilovevegan.com/resources/benefits-of-a-vegan-lifestyle/">http://www.ilovevegan.com/resources/benefits-of-a-vegan-lifestyle/</a></p>	<p>You don't get enough protein and this creates an unbalanced diet (iron deficiency), potential vitamin and mineral loss. Low omega-3 (which is most commonly consumed through seafood) levels can negatively affect the cognitive function in the brain. This can lead to attention deficit disorder and behavioral problems such as hyperactivity, anxiety and temper tantrums. A lack of vitamin B12 can also cause dementia, therefore it is important to consume it through supplements. It has been observed that children who are raised vegan face severe nutritional deficiencies, as well as neurological and psychological disorders.</p> <p><a href="https://www.newscientist.com/article/mg">https://www.newscientist.com/article/mg</a></p>

	<a href="https://www.healthscopemag.com/health-scope/the-pros-and-cons-of-a-vegan-diet/">23731623-000-living-on-the-veg-should-we-all-go-vegan/</a>
Less carbon pollution (factories and farming the animals) <a href="https://www.healthscopemag.com/health-scope/the-pros-and-cons-of-a-vegan-diet/">https://www.healthscopemag.com/health-scope/the-pros-and-cons-of-a-vegan-diet/</a>	If we didn't eat meat, cattle would soon overpopulate and it would be a Cowtastrophe
No animal consumption, including dairy and eggs, promotes animal welfare and opposes animal cruelty.  <a href="https://www.newscientist.com/article/mg23731623-000-living-on-the-veg-should-we-all-go-vegan/">https://www.newscientist.com/article/mg23731623-000-living-on-the-veg-should-we-all-go-vegan/</a>	Humans have evolved on an omnivorous diet, which makes veganism an unnatural diet.  <a href="https://www.newscientist.com/article/mg23731623-000-living-on-the-veg-should-we-all-go-vegan/">https://www.newscientist.com/article/mg23731623-000-living-on-the-veg-should-we-all-go-vegan/</a>
Promotes weight loss for people who think it is a good idea	Excessive weight loss can become weight gain <a href="https://www.self.com/story/vegan-diet-pros-cons">https://www.self.com/story/vegan-diet-pros-cons</a>
	Inconvenience when going out or on holiday - there is usually very limited options Real life example: I was serving at Maria's restaurant and there was a woman who said she was a vegan and could only eat one of the servings of canapes that we were bringing out which meant she was probably hungry and also missing out on the tasty food.
It costs less money to buy fruit and vegetables	
<b>Evaluative Conclusion</b>	
In conclusion, the vegan diet is a highly debated choice of diet. It is obviously a far more sustainable choice in terms of being better for the environment, it removes the discussion of farming and agriculture problems, which currently have immensely damaging effects on pollution. Surviving on a diet of things like fruits, vegetables, wheat, grains etc, reduces the risk of many health conditions such as diabetes, obesity, cardiovascular disease, as stated by the <i>I Love Vegan</i> website. On the other hand, according to ' <i>new scientist</i> ', if hypothetically the whole world went plant-based diet a lot of farming and cattle as it currently is will go to waste.	