Discuss the advantages and disadvantages of being vegetarian

Many people have become vegetarians after the rise of problems with certain kinds of meat such as, mad cow disease, bird flu and problems of pollution in the sea affecting the fish. There are now many vegetarian restaurants.

The main advantage of this type of diet is that fruit and vegetables provide our body with vitamins and minerals; most of them are eaten fresh, many raw.

Nevertheless, this type of diet does not provide us with all the necessary nutrients such as proteins. Another disadvantage would be when you are invited to eat with friends, in which case, you will be very limited as to what you can eat.

In conclusion, in our present society there are probably more drawbacks in being a vegetarian. Perhaps, the healthiest option is somewhere in between.