

### *The advantages and disadvantages of vegetarianism*

Although, First of all, Hence, Even though, Consequently, Therefore, As a result, Generally

Every day the vegetarian diet is gaining more and more popularity all around the world. Some people suggest that it *might* be the main key to a healthy life. Others do not agree, saying that vegetarian meals do not fulfill the requirements of a human body. What is best for us and what are the basic pros and cons of being a vegetarian?

Vegetarian diet has many advantages. 1.\_\_\_\_\_, it mainly consists of grains, vegetables and fruits, 2.\_\_\_\_\_, it provides our organism with valuable vitamins, minerals, and natural sugars. Beans and tofu are good sources of proteins. 3.\_\_\_\_\_, vegetarian food has low amounts of fat. 4.\_\_\_\_\_, *the possibility of developing health problems caused by obesity is reduced significantly*. This kind of diet lowers the blood cholesterol levels, which also decreases a risk of getting various disorders such as diabetes. 5.\_\_\_\_\_, it can be life-saving for some people.

By way of contrast, there are some negative aspects of being a vegetarian. 6.\_\_\_\_\_, the meals have all the essential nutrients, they are found to be low in proteins, vitamin B12 and iron. These are the basic substances found in meat and they are quite difficult to replace. 7.\_\_\_\_\_, vegetarians are obliged to constantly plan their diets.

8.\_\_\_\_\_, there are some disadvantages, vegetarianism *unquestionably offers a lot of benefits*. It might be the cause of a happier, longer and healthier life.