Vegetarian Food or Non-Vegetarian Food: Which One is Healthier by Annphilip

Article published on February 24th 2012 | Food

The first step toward deciding what is the best for human, whether vegetarian or non-vegetarian is defining what the difference is between them. If indeed you sit and try, you will understand it is a gargantuan task that will defy a proper definition. The debate can possibly never come to an end with each type having its own supporting points. But one thing is certain to stand out that animal flesh has superior protein that will let us rebuild body tissues. But vegetarians will argue that the milk they consume has all the protein that human need and in enough quantity. Before that, is milk vegetarian? Can someone say?

Most doctors are advising people to include fish in their daily food. Researchers worldwide have discovered that eating fish in a regular manner, that it one or two servings a week can reduce the risk of diseases ranging from childhood asthma to prostate cancer. Because fish is low in fat, high in protein and an excellent source of omega 3 fatty acids. Some of the other diseases that can be reduced by fish food are cancer, cardio vascular diseases, dementia, depression, diabetes and eyesight. Some of the healthy ways to enjoy fish food include baked, poaches, grilled and steamed forms.

The question is not what animals do humans eat? It is what donâ€™t humans eat. Anything that flies, swims, walks on two legs, four legs and even three legs, and even crawls and slimes. It is said that Germans used to eat dogs till the 18th century. This practice exists till now in Vietnam and Thailand. In fact in Thailand people eat snakes, and they donâ€™t leave out a single part of its anatomy-including testicles. People eat bugs, worms and other slimy unmentionables in different parts of the world. Okay those are the scary when living but tasty when dead types of meats. There isnâ€™t a country existing that doesnâ€™t eat chicken, lamb and mutton. Pork, steak and beef are the most popular food in Western countries. Snail is served in classy French restaurants.

If you like both non-vegetarian and vegetarian food, then it is a good choice. Both these food have a lot of nutrients that are good for your body. Seriously, eating vegetarian food alone will not give you the essential nutrients and you still need the required amount of proteins. Keeping a balance between them will be an excellent idea and would be a good option for you. Hey! Most of us donâ€™t want to relish their taste bud from eating both these kinds of food. Without having both of them, we will be prohibiting our taste buds from the ecstasies of the life.

Adopting vegetarian food gives a healthy lifestyle, but vegetarians need to make sure that they compensate for the nutrition that they donâ€™t get by not eating meat. One of the biggest advantages in following the vegetarian cuisine is that they are easily digestible unlike meat which takes close to a day to digest. Quality wise vegetarian cuisine has an aura of freshness both in taste and presentation. Having a regular diet of a particular diet gives particular health benefits. For example, eating sprouts regularly controls hair fall and gives hair a healthy look, consuming bananas helps in weight loss, constipation, brain power and anemia, etc.

However, most of them have originated through their religion and traditions they follow. While we see the most people in the world love eat chicken, mutton, pork and beef, there are other varieties of non-vegetarian food as well. For people who are vegetarian, they love to eat a variety of vegetables. The vegetarians are most commonly allergic to eating non-vegetarian food. Most of the distinguishing features lie in the minds of the people.

Article Source:

http://www.articleside.com/food-articles/vegetarian-food-or-non-vegetarian-food-which-one-is-healthier.htm - Article Side

Annphilip - About Author:
Being a freelance writer and active blogger, I never miss the opportunity to share my thoughts with the rest of the world and to source out some great deals on home services like a Cox Internet.

Article Keywords:
cox internet,food,cooking

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!