**Resolved**: It’s better to not eat meat.

|  |  |
| --- | --- |
| **Pro** | **Con** |
| Health benefits | Protein intake |
| Environmental benefits  | Farm-animal industry loses money  |
| Reduce animal suffering  | Nutrition: heme Iron & Vitamin B12  |
| Cost: vegetables cheaper  | AT Animal suffering: ethically-raised/hunted meat |

**Pro 1: Health: Nutrition**

#### *Meat in your diet*. **NHS (2018).** *nhs.uk*. Retrieved 20 November 2019, from https://www.nhs.uk/live-well/eat-well/meat-nutrition/

**Meats such as chicken, pork, lamb and beef are all rich in protein. A balanced diet can include protein from meat, as well as from non-animal sources such as**[**beans and pulses**](https://www.nhs.uk/live-well/eat-well/beans-and-pulses-nutrition/)**.**

**Red meat provides us with iron, and meat is also one of the main sources of vitamin B12.**

Food hygiene is important when storing, preparing and cooking meat.

**Pro 2: Tradition: Meat was crucial to human evolution**

#### Kluger, Jeffery. https://time.com. **Time. (2019).** Retrieved 20 November 2019, from https://time.com/4252373/meat-eating-veganism-evolution/

But sorry, it just ain’t so. **As a new study in**[**Nature**](http://nature.com/articles/doi%3A10.1038/nature16990)**makes clear, not only did processing and eating meat come naturally to humans, it’s entirely possible that without an early diet that included generous amounts of animal protein, we wouldn’t even have *become* human**—at least not the modern, verbal, intelligent humans we are.

**Pro 3: AT: Animal Welfare**

#### *Rivera, Lizzie. Can eating meat ever be ethical?*. ***The Independent*. (2016).**  Retrieved 20 November 2019, from https://www.independent.co.uk/life-style/lifestyle-lowdown/can-eating-meat-ever-be-ethical-a6973261.html

At the other end of the industry, **organic farms ensure animals have enough space to roam free, eat a grass-fed diet, and are taken to small local abattoirs for slaughter.**

**"Ethical" and "sustainable" farming is gaining momentum and the organic food and drink industry is now worth £49 billion globally**, according to a new report from the UK’s largest organic certification body, the Soil Association.

The UK market is in its third consecutive year of growth, with industry sales rising 4.9 per cent to almost £2 billion, while sales in the non-organic market declined as increasingly savvy shoppers seek assurances about where their meat comes from.

**Con 1: Health**

#### *It's time to try meatless meals*. ***Mayo Clinic*. (2019).**  Retrieved 20 November 2019, from https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/meatless-meals/art-20048193

A plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients. And **people who don't eat meat — vegetarians — generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than nonvegetarians do.**

**Even reducing meat intake has a protective effect. Research shows that people who eat red meat are at an increased risk of death from heart disease, stroke or diabetes. Processed meats also increase the risk of death from these diseases.** And what you don't eat can also harm your health. Diets low in nuts, seeds, seafood, fruits and vegetables also increase the risk of death

**Con 2: Animal Welfare**

#### *Rivera, Lizzie. Can eating meat ever be ethical?*. ***The Independent*. (2016).**  Retrieved 20 November 2019, from https://www.independent.co.uk/life-style/lifestyle-lowdown/can-eating-meat-ever-be-ethical-a6973261.html

**The reality is pretty grim.  At one end of the spectrum, factory farms keep tightly packed animals indoors, feeding them grains to fatten them up quickly, before slaughtering them on huge production lines. This method of production accounts for a staggering 70 per cent of the 75 billion animals farmed worldwide each year, according to Compassion In World Farming.**

**Con 3: Environment**

#### *Gibbens, Sarah. Eating meat has ‘dire’ consequences for the planet, says report*. **National Geographic. (2019).** *Nationalgeographic.com*. Retrieved 20 November 2019

**But as the global human population steadily climbs, scientists are scrambling to devise a diet plan that can feed 10 billion people by 2050.**

….

**The report's authors reached their conclusions by weighing different side-effects of food production. They included greenhouse gases, water and crop use, nitrogen or phosphorous from fertilizers, and the potential for biodiversity to take a hit should a region be converted into farmland. By managing all these factors, the report's authors say climate change-inducing gases could be reduced and enough land could be reserved to feed the world's growing population.**

**Under the report's conclusions, meat and sugar consumption around the world should drop by 50 percent.** Who eats less meat and where will vary, says [Jessica Fanzo](https://bioethics.jhu.edu/people/profile/jessica-fanzo/), a report author and professor of food policy and ethics at Johns Hopkins University.