

Sarah Vecera

Mr. Sabel

ELA 1-2 H

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Americans Should Limit Animal Consumption

For longer than citizens can remember, eating meat and consuming other animal products has been the backbone of American eating. Many of the most widely-loved American dishes include entrees high in red meat and dairy. Though these products can be delicious, they have a high cost on both a national and global scale. The over-consumption of meat has caused increased health risks and costs and has been devastating to the environment. Regardless of how much citizens may enjoy eating animals and animal products, current practices of animal agriculture have ravaged the planet. Americans need to begin to ration or limit meat consumption in order to lessen the burden of health costs on citizens, and to improve the health of the planet the human race depends on.

The consumption of animal products has a cost that is too high for citizens to bear: their health. According to Rory Freedman and Kim Barnouin in their novel *Skinny Bastard* toxic chemicals found in food, 95 to 99 percent come from meat, fish,

is common knowledge today that global warming is a potentially deadly process for humans; anything man can do to slow down the process should be at least attempted. It is estimated that

variable climate isn't

unusual. It's the pace

6 Degrees Could Change

the World). Though the gasses produced by raising animals, transporting them, and from the animals themselves is damaging (and potentially globally-threatening), there are many other

destructive effects. Studies have found that animal a

-30% of all

-76 trillion

gallons annually (*Cowspiracy*). Every serving of meat has this hidden cost on our planet; just one pound of beef takes at least 2,500 gallons of water to produce (*Borgstorm*). As if dwindling water supplies and toxic gasses entering the atmosphere

Many citizens claim that eating meat is a necessary right, and most of all, it is a delicious habit they should not have to break. Science has clearly shown that meat is *not* remotely necessary for sustaining human life: believe we descended

hydrochloric -41).

The more a human stays away from meat, the less likely they are to develop health issues: the

heart disease, high blood pressure, and cancer (all the top killers than meat-

and Barnouin 53). Clearly, reducing the meat intake from a diet will not lead to death.

Americans already get over twice the necessary protein, and proteins are found in fruits,

vegetable, and soy products (Freedman and Barnouin 36; 119). Some Americans say it is their

right to consume what they wish; this would not be a problem if customers paid the *real* price of

There are undeniable and deadly consequences to the over-consumption of meat by

Works Cited

College of

Agriculture and Natural Resources. Michigan State University, N.D. Web. 19 November 2015.