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English 111

30 November 2011

The Benefits of a Carnivorous Diet

Vegetarians and vegans always think that they are getting the right nutrients their bodies need to their basic daily tasks when they never touch meat. But vegetarians and vegans do not understand the importance of meat in their diets. Meat is one of nature’s most balanced foods and is filled with vitamins and minerals that our bodies need to build and maintain muscle, gain strength and vitality, and power us through our busy days.

Meat is packed with several vitamins and minerals that vegans and vegetarians cannot get unless they take health supplement daily. Meat is packed with protein, which is necessary for an efficient metabolism and good functioning of all internal organs. Meat is rich in several vitamins such as; vitamins B1, B2, B3, B5, B6, and the best source of vitamin B12, all of which enhance the functioning of the nervous system and liver (Palande). It also greatly helps your eyes, skin, and hair. Vitamin B12 is needed in our bodies for the supporting and maintaining nerve growth and reassure that they are healthy too.

Meat products have a lot of the minerals our bodies need daily such as; iron, zinc, potassium, and selenium are just a few. Iron helps keep our immune system healthy and ready to fight any infection that it comes into contact with. Zinc is particularly important for healthy skin and also helps your immune system as well. Selenium breaks down the fat and other chemicals in our bodies. Children and teenagers, particularly girls, have been found to be deficient in zinc; it is known that half of all girls in their teens do not have healthy levels of zinc (Frithe). Eating red meat is the most efficient way of getting zinc into your body.

More and more beef farmers are making their cattle have better nutrients in their meat by letting them grass-feed. According to Christine Lennon, a culinary arts expert, a grass-fed animal is livestock that is allowed to graze the old fashioned way instead of being fed an unnatural and difficult-to-digest diet of mostly corn and grains. “One of the benefits of all grass fed or ‘beef with benefits’, as we say, is that it is lower in fat that conventionally raised beef” says Dr. Kate Clancy, Senior Scientist for the Food and Environment Program.

“The other thing is that the meat and milk from the grass fed cattle will have higher amounts of Omega-three fatty acids, which may help reduce the risk of heart disease and strengthen people’s immune systems. What’s good for the environment, what’s good for the cattle, is also good for us” (Lennon). I agree with this statement because if it is good for the environment then it only makes sense that it is good for us too. The Earth is like a huge person in a sense that enough harmful things can kill it. Maybe we should think about how much we damage the environment and ecosystem and treat it the way that we would like to be treated as a person.

As most know, “meat is a great food for higher quality protein” (Attard). Protein is an important component of every cell in the body. Hair and nails are mostly made of protein, and they are always growing which means you need a lot of protein. Your body also uses protein to build and repair damaged tissues. Protein is an important building block of bones, muscles, cartilage, skin, and blood. It provides our bodies with all the essential amino acid building blocks that are required to build and renew all cells in our body.

Along with fat and carbohydrates, protein is a “macronutrient” meaning that the body needs relatively large amount of it. Eating high protein food at each meal helps reduce appetite so that you know when you are full and do not over eat. Also, the body uses energy to convert protein to carbohydrates in a process called Gluconeogenesis (Hebert). This is just another way that your body uses protein and gives more significance to the importance of meat. Protein also contains Nitrogen, an important chemical that is essential for the production of antibodies. However, your body does not store protein, and therefore has no reservoir to draw on when it needs a new supply and that is why it is always important to get your protein requirements for the day.

People always say that global greenhouse emissions are mainly from the cause of human manufacturing processes. A study in 2006 by the United Nations Food and Agriculture Organization that a little over eighteen percent of global greenhouse emissions were caused by the manufacturing of meat alone (Fiala). Some of the main causes of greenhouse emissions are; the raising of the cattle, transportation of grains to feed the livestock, the clearing of land for such purposes of raising cattle, and for animals grazing. The results of grazing after long periods of time are the notorious methane emissions called cow burps and cow farts. Raising theses livestock for food is one of the largest sources of carbon dioxide and the single largest source of both methane and nitrous oxide emissions. These gases float up into the atmosphere and trap solar energy, thereby warming the Earth’s surface.

Feeding massive amounts of grain and water to farmed animals and then killing them and then processing, transporting, and sorting their flesh is extremely energy-intensive. In addition, enormous amounts of carbon dioxide stored in trees are released during destruction of vast acres of forest to provide pastureland and to grow crops for farmed animals. On top of this, animal manure also releases large quantities of carbon dioxide but it is very nutritional for the ground. Some studies show that being vegan is more efficient in the fight against global warming; a vegan is responsible for the release of approximately 1.5 fewer tons of carbon dioxide into the atmosphere each year than a carnivore.

One of the organizations that look after the output of carbon dioxide and fights against global warming is the United States Environmental Protection Agency. EPA, for short, is an agency of the federal government of the United States put in charge of protecting human health and the environment (Our Mission). They develop and enforce regulations bases on laws passed by Congress. The reason that this agency was established was because the government was worried about losing the most important thing to everyone, the environment.

Scientists report that every pound of methane is more than twenty times as effective as carbon dioxide is at trapping heat in our atmosphere. The United States Environmental Protection Agency shows that animal agriculture is the single largest source of methane emissions in the United States. Nitrous Oxide is about three-hundred times more potent to global warming than carbon dioxide. This just shows that livestock do not damage the atmosphere as much as they exaggerate it to.

The vegans and vegetarians who think that everyone should live their lifestyle do not know the damaging effects that it would have to the Earth and ecosystem. After a while of just growing plants and raising less and less beef then we would quickly run out of the natural fertilizer that livestock offer us, then there would be no fertilizer and eventually no plants (Hayward). If we only consumed plants and no livestock then the farmland used to raise livestock would then be used for edible plants. Which could mean the end of livestock and that means the end of natural fertilizers. When this happens we would only have artificial fertilizers and it would eventually trickle down into our water supply and taint the world’s water supply.

If the world would try to go completely vegan or vegetarian and get rid of livestock all together, then we are doing exactly the opposite of what God had planned for his creations. It would then therefore off set the equilibrium of the Earth and then we would be forced to use artificially produced fertilizers and it would eventually ruin the Earth’s water supply. But now that more farmers are going back to grass-feeding their livestock, they are making it better by feeding them the proper way and having them fertilize the fields as they graze too.

The energy to grow grass comes directly from the sun. This means that cows are basically converting the sun’s energy, through their eating of grass, into food energy that we as humans can consume. We get our energy from eating the livestock that gets its energy from something that requires sunlight to grow. It is pretty cool that everything is a huge cycle starting with the sun which everything on the Earth thrives off of. Just as cows can live only on cornmeal rather than grass, humans can live only on plants, but maybe they should not.

In conclusion we learned that meat is packed with several important and crucial vitamins and minerals, that grass-fed livestock have healthier meat than those raised on a corn and grain diet, and meat is the best and tastiest natural source of protein. Meat is one of nature’s most balanced foods and is filled with vitamins and minerals that our bodies need to build and maintain muscle, gain strength and vitality, and power us through our busy days. Consumers should consider continuing to live a healthy lifestyle which includes eating meat in sensible quantities along with fruits and vegetables.