

MLA format
for first page

distinguish between Vegan and
Vegan Diet is Healthy vegetarian in your discussion.

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Submit to: Dr. Jan Curtis.

English 1109

Ameenah - An essential part of a research paper is the proper documentation of scholarly sources. My main criticism has to do with the source of the evidence supporting your central idea. Wilson is cited for information on pp 3-4 of this paper, but that information is not in the Wilson article. Because sources of the discussion are not properly cited, I cannot evaluate the paper.

Vegan Diet is Healthy

Want to be thin looking great, perhaps like a model body. Stop eating, drinking, get Anorexia, this is all what you need, but wait there's a healthy more choices rather than being sick, working hard to get the body that you always dreams about, feeling beautiful, build the will and determination to reach your goal. Just start a vegan diet, healthy that have many choices this days for example, vegan burger, vegan pasta and many other miscellaneous things. Around the world people's minds are now being dominated by healthy lifestyle choices. The new preferences have given rise to many exciting trends in every facet of the social functioning. Among them one can name the rise of vegetarianism. Since food is directly related to human health, it is coming as no surprise that there is increased attention being paid to the foods that people are eating. To be precise, the new eating habits have sparked a growing interest in the vegetarianism. This trend has been cited as an easy way to maintain a healthy lifestyle by abandoning animal products. The vegan diet has been linked to numerous health benefits such as risk reduction of contracting cancer and heart diseases, and the decrease of the obesity levels. The vegetarian diet naturally consists of low saturated fat rich in fiber and contains chemicals that lower the risk of cancer. The vegan diet is great for the body as it includes many essential nutrients that are responsible for the reduction in the prevalence of lifestyle diseases.

measurement

delete

good - this is clear

yes, good

delete

distinguish
vegan
from
vegetarian

good

Vegetarianism is pegged on a very sound philosophical premise that is closely related to murdering animals. Also, it is related to the fact that all life on earth deserves to be protected and respected. In contrast to the animal rights advocates who campaign against people riding mules for their enjoyment, vegetarianism is anchored on one simple principle: the killing of animals is wrong, and they have the same rights as humans to live their lives to fullest (Spector, 2017).

ambiguous. do you mean a premise that rejects murdering animals?

ambiguous previous reference

MCA page referenced if pages are included

is this the right word?

distinguish with vegan from vegetarian

Nevertheless, the matter-of-fact arguments in support of vegan diet are anchored on its nutritional benefits.

It is no secret that the obesity levels in the developed nations such as the UK, the U.S, Canada, and China are at alarming levels (Spector, 2017). For instance, the Americans have stuck to their traditional diets that contain too many calories, cholesterol, saturated fats, and sodium. However, these disadvantages of the American food habits can be mitigated if people reduce meat intake or entirely give up on meat. The American Diet Association has found that plant diets have a higher nutritional value than diets with animal products, and they are sufficient for human survival. An Oxford Vegetarian study that sought to relate meat intake to the body

Source?

Source?

mass index by interviewing 1914 male and 3378 female nonsmokers found that body mass index was lower for the vegetarians compared to meat eaters from a study that had classified the subjects into meat eaters and non-meat eaters (Wilson, 2017). Hence, it is safe to conclude that vegetarianism is a feasible solution to obesity.

confusing; the beginning of this sentence refers to an Oxford study

This information is not in the Wilson source

However, the above does not imply that vegan diet is only beneficial to those who are struggling with weight problems. On the contrary, it is also important to those people who are satisfied with their body mass index. These individuals can derive a lot of benefits from being vegetarians. The risk of a Canadian dying of a heart attack is 50% while that of a vegetarian is a partly 15% (Spector, 2017). The difference is explained by the relative consumption levels of cholesterol by those that eat meat and those who do not.

The contrast is not between Canadian and vegetarian

A news source for this information is not as reliable as that of a scientific study

Most cancer research reports have indicated that vegan diet reduces the risk of cancer.

Evidence?

Although the effect of meat consumption on the causes of cancer is not conclusive, statistics from various studies have shown that an individual can reduce the risk of cancer lowering their meat intake. According to Wilson (2017), consumption of meat and related products heightens

what are some of these studies

by

I did not find this information is not in the Wilson source listed here

the risk of breast cancer for women who partake it daily compared to those who eat it less than once a week by 3.8 times. Also, men that are accustomed to consuming meat, eggs, and other animal related products on a daily basis are at an increased risk of 3.6 times of contracting prostate cancer (Wilson, 2017). These statistics indicate that even partially giving up on animal products people can reach such results as substantial decrease in cancer risk.

I did not find this information in the Wilson article listed

Additionally, feeding on animal products exposes one to numerous antibiotic medications that are administered to the animals. This is a serious issue that people who seek a healthy lifestyle should ponder when consuming meat and other animal products daily. The antibiotics have given rise to the staphylococci infections that have become resistant to any known antibiotics (Wilson, 2017). Hence, adopting a vegan diet protects one from the risk of being antibiotic resistant. However, some people might argue that animal products contain some of the proteins that are indispensable to their well-being. For instance, men are concerned that giving up entirely on meat would make them emaciated. However, there are many plants rich in protein which make this fear unreasonable.

try to be specific

Lastly, the vegan diet is a healthy option to help people to protect their health. Hence, it has become an indispensable feature of a healthy lifestyle. The paper has found that an individual who chose a vegan diet is likely to shed off ^{delete} any extra weight. The Vegans are at a lower risk of contracting several serious diseases such as obesity and cancer. These are some of the strong arguments which prove that vegan diet can help people to improve the quality of their life.

References

MLA Format

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