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ARGUMENTS (BOTH SIDES)

INTRODUCTION (PRO)

Hello, my name is... [Full Name].

Today, we will discuss... Not Eating Meat.

My partner and I believe... eating meat is undesirable.

To begin, let's discuss... Increasing Health Risks.

PRO-01: Increasing Health Threats

Eating meat will increase health risks

Because...

First... Increased Risk of Cancer

According to... World Health Organization, October 26, 2015

<https://www.who.int/news-room/fact-sheets/detail/cancer>

It states... Processed meat has been classified as a carcinogen, meaning it is known to cause cancer. Studies have shown that consuming processed meat increases the risk of colorectal cancer and possibly other types of cancer.

This means... If we stop eating processed meat, millions of people will reduce their risk of developing cancer.

Also... Leading to Heart Disease

According to... American Heart Association, June 1, 2020

<https://www.heart.org/en/news/2020/06/01/study-links-red-and-processed-meat-to-increased-risk-of-heart-disease>

It states... Studies have found that consuming red and processed meat is linked to an increased risk of heart disease. The high levels of saturated fat and cholesterol in these meats can lead to the buildup of plaque in arteries, increasing the risk of heart attacks and other cardiovascular diseases.

This means... If we reduce meat consumption, millions of people will lower their risk of heart disease and improve their overall cardiovascular health.

Therefore... Eating meat WILL increase health risks.

The next argument I will present is... harming the environment.

PRO-02: Harming the Environment

Eating meat will cause severe environmental damage

Because...

First... Wasting Precious Resources

According to... The Guardian, April 19, 2023

<https://www.theguardian.com/environment/2023/apr/19/eating-less-meat-reduce-water-use>

It states... Eating meat wastes significant resources, including water, land, and feed. Producing one pound of beef requires thousands of gallons of water and vast amounts of grain that could be used to feed people directly.

This means... If we reduce meat consumption, millions of gallons of water and tons of grain will be saved, benefiting the environment and reducing resource depletion.

Also... Worsening Climate Change

According to... United Nations Environment Programme, May 2021

<https://www.unep.org/resources/report/global-methane-assessment-benefits-and-costs-mitigating-methane-emissions>

It states... Livestock farming is a major source of methane emissions, which are much more potent than carbon dioxide in trapping heat in the atmosphere. Methane from livestock contributes significantly to global warming.

This means... If we reduce meat consumption, millions of tons of methane emissions will be reduced, helping to combat global warming.

Therefore... Eating meat WILL cause severe environmental damage.

The next argument I will present is... causing ethical concerns.

PRO-03: Causing Ethical Concerns

Eating meat will cause significant ethical issues

Because...

First... Cruel Treatment of Animals

According to... PETA, March 2024

<https://www.peta.org/issues/animals-used-for-food/factory-farming/>

It states... Factory farming subjects animals to inhumane conditions, including overcrowding, physical mutilation, and a lack of veterinary care. These practices cause immense suffering and stress to animals raised for meat.

This means... If we stop eating meat, billions of animals will be spared from cruel treatment and suffering.

Also... Exploitation of Workers

According to... Human Rights Watch, September 4, 2019

<https://www.hrw.org/report/2019/09/04/blood-sweat-and-fear/workers-rights-violations-us-meat-and-poultry-plants>

It states... Workers in meat processing plants are often subjected to dangerous conditions, including exposure to harmful chemicals, risk of injury from machinery, and long hours with inadequate breaks. These conditions lead to high rates of workplace injuries and illnesses.

This means... If we reduce meat consumption, hundreds of thousands of workers will have improved safety and working conditions.

Therefore... Eating meat WILL cause significant ethical issues.

So, for all these reasons, please vote for the PRO.

INTRODUCTION (CON)

Hello, my name is... [Full Name].

Today, we will discuss... Not Eating Meat.

My partner and I believe... eating meat is desirable.

To begin, let's discuss... Providing Health Benefits.

CON-01: Providing Health Benefits

Eating meat will provide essential health benefits

Because...

First... Provides Essential Nutrients

According to... Harvard School of Public Health, January 2023

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

It states... Meat is a highly nutrient-dense food, providing essential nutrients such as protein, iron, zinc, and B vitamins that are crucial for overall health. These nutrients are more bioavailable in meat compared to plant sources.

This means... If we consume meat, millions of people will benefit from a nutrient-rich diet, leading to better health outcomes.

Also... High-Quality Protein Source

According to... Mayo Clinic, February 2022

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/protein/faq-20058521>

It states... Meat provides high-quality protein, which is essential for muscle growth, repair, and maintenance. Protein from meat contains all the essential amino acids that the body needs.

This means... If we consume meat, millions of people will experience improved muscle health and overall physical strength.

Therefore... Eating meat WILL provide essential health benefits.

The next argument I will present is... harming the economy.

CON-02: Harming the Economy

Avoiding meat will cause severe economic harm

Because...

First... Threatens a Major Industry

According to... *Statista*, October 30, 2023

<https://www.statista.com/statistics/194899/global-meat-market-value-since-2005/>

It states... Not eating meat will threaten a major industry worth \$1.37 trillion. The meat industry supports millions of jobs globally, from farming and processing to transportation and retail.

This means... If meat consumption declines, millions of jobs will be at risk, leading to significant economic losses and increased unemployment rates.

Also... Hurts Livestock Farmers

According to... *The Guardian*, March 22, 2023

<https://www.theguardian.com/environment/2023/mar/22/livestock-farmers-impact>

It states... Livestock farmers depend heavily on meat production for their livelihoods. A decline in meat consumption would reduce their income, forcing many out of business and harming rural economies.

This means... If we stop eating meat, thousands of livestock farmers will face financial ruin, disrupting the economic fabric of rural communities.

Therefore... Avoiding meat WILL cause severe economic harm.

The next argument I will present is... causing cultural concerns.

CON-03: Causing Cultural Concerns

Avoiding meat will disrespect cultural traditions

Because...

First... Cultural Traditions Involving Meat

According to... *National Geographic*, June 15, 2023

<https://www.nationalgeographic.com/culture/article/meat-traditions-around-the-world>

It states... Many cultures around the world have rich traditions and celebrations centered around meat. For example, barbecues in the United States and Argentina, or kebabs in the Middle East, are important parts of cultural identity and heritage.

This means... If we ask people to stop eating meat, we are disrespecting and disregarding these important cultural traditions and celebrations.

Also... Religious Practices Involving Meat

According to... *BBC*, March 22, 2023

<https://www.bbc.com/religion/meat-consumption>

It states... Many religions have practices and rituals that involve the consumption of meat. For instance, in Hinduism, certain festivals include the offering and consumption of meat, and in Islam, the festival of Eid al-Adha involves the ritual sacrifice of an animal.

This means... If we tell people to stop eating meat, we are ignoring and disrespecting their religious practices and beliefs.

Therefore... Avoiding meat WILL disrespect cultural traditions.

So, for all these reasons, please vote for the CON.