



# Plants Vs. Meats: The Health, History, and Ethics of What We Eat

*Meredith Hughes*

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## **Plants Vs. Meats: The Health, History, and Ethics of What We Eat** Meredith Hughes

No one can live without food, but what you eat is a personal decision. Today many people are examining nutritional advice and choosing to eat more vegetables and fruits and less meat. But is all meat bad for you? What does the science say?

People also make food choices for ethical and religious reasons. Some vegetarians and vegans avoid meat because they believe killing animals is wrong. Other people shun meat from factory farms. Recently, more people are seeking out foods grown locally and organically.

What do you choose to eat and why? This book will help you make decisions to support your values.

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