

<b>PROBLEMS</b>	<b>VEGETARIAN DIETS</b>	<b>NON-VEGETARIAN DIETS</b>
<b>Health problems</b>	Vegetarians avoid several diseases which are related to the consumption of animal protein and fat.	Non-vegetarians have a higher risk to suffer from many different diseases.
<b>Limited options</b>	Vegetarians may not have many options at restaurants and malls.	These kind of diets have a wider variety of products
<b>Reading labels</b>	Vegetarians have to pay attention to food labels in order to make sure that the food they buy does not have any animal ingredient.	Omnivorous do not have to worry about reading labels
<b>Pollution</b>	Helps reduce the pollution and the overexploitation of resources.	Producing meat generates gas emissions and it uses several natural resources
<b>Distribution of resources</b>	Vegetarianism help balance the distribution of food and resources.	Uses up lots of resources, which are not well-distributed around the world
<b>Animal mistreatment</b>	Vegetarian diets avoid animal suffering.	Promotes animal killing and mistreatment.