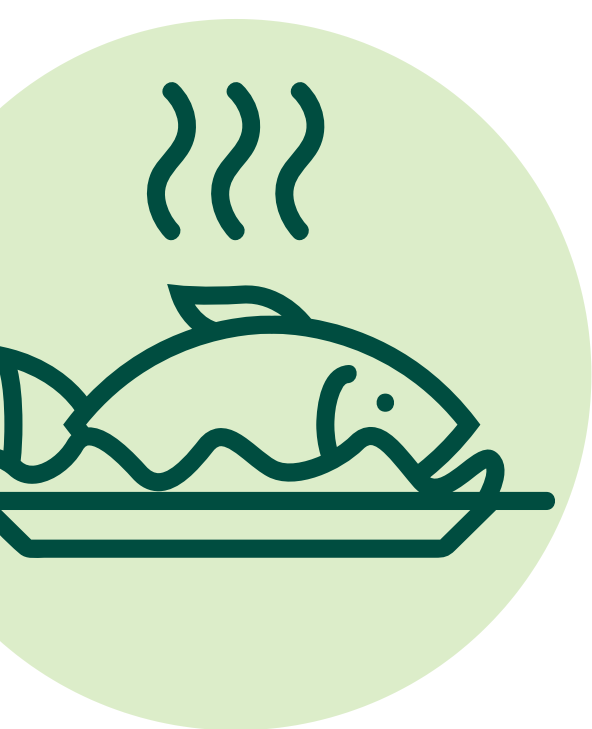
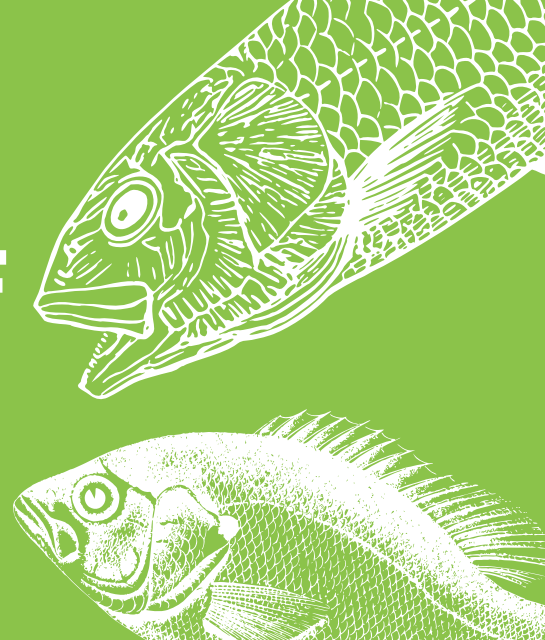


PROS AND CONS OF PESCATARIANISM



WHAT IS PESCATARIANISM?

In the pescatarian diet, a person's main source of animal protein comes from fish and other seafood, such as shrimp. It is considered an approachable option for those looking to cut out meat but who may be intimidated to go fully plant based.

HEALTH BENEFITS

Becoming pescatarian can help reduce your risk of heart disease, and other cardiovascular diseases, strokes, osteoporosis, obesity, diabetes, arthritis, high blood pressure and some types of cancer. Since pescetarians also eat seafood, they don't need to worry as much about their protein intake as other plant based diets such as veganism and vegetarianism. However, it can lead to consuming an excess of mercury if fish is not consumed in moderation. .



SUSTAINABILITY

One pound of beef requires 2,500 gallons of water, whereas one pound of soy requires only 250 gallons of water and a pound of wheat requires only 25 gallons. Additionally, the deforestation caused by the need to create space to house livestock is tremendous. The pescatarian diet is more sustainable than factory farming of mammals or birds, but it does have some environmental issues. Although fish do not produce greenhouse gases, fishing and fisheries represent a challenge to water ecosystems. For example, eating wild line-caught fish is not necessarily better for the environment than eating farmed fish, and the trawlers used to catch trawler-caught fish can affect ocean ecosystems in many ways. This includes: damage to water ecosystems, introducing invasive species, overcrowding, and causing disease

