

Reasons for being vegetarian

1. One Hindu holy book, the Bhagavad Gita says: 'Love all living things the same, love a holy person or an animal as a friend. So don't kill or eat animals.'

2. Ahimsa, the law of non-violence, is the Hindu's first duty (dharma) or religious obligations to God and God's creation. To kill an animal is to kill part of God.

3. All Hindu actions have an effect and consequences (Karma). By causing pain and death to animals there are consequences for a Hindu later on in this life or in the next.

4. Food is the source of the body's life that affects our mind, emotions and behaviour. If you want to live in a spiritual state of more peace and happiness and love for all creatures, then a person cannot eat meat, fish, shellfish, fowl or eggs.

5. A vegetarian diet is healthier according to medicine. It stops physical complaints and gives people a stronger immune system.

6. A vegetarian diet is good for the environment and improves our planet's ecological system.

