For some, such a nutrition system is a reflection of the psychological rejection of violence against animals, for some - it becomes a way to support the body in excellent shape. With the first category of vegetarians to discuss the benefits or harm of eating meat is meaningless, since they are disgusted by the very thought of it. People from the second category most often switch to a vegetable diet in adulthood, when they begin to look for ways to prolong the active period of life. Especially for them and for those who still doubt, we tried to figure out how useful vegetarianism really is.