<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4073139/>

Do you personally think vegetarian/vegan diet is a good alternative to a traditional american diet?

What are some reasons you feel influence people not to follow this lifestyle or commit to eating reduced amounts of meat?

What benefits are there to consuming less meat in general?

What does a decreased mean BMI of men from 26.2 (traditional diet) to 24.3 (vegetarian diet) and with women from 25.9 (traditional diet) to 23.7 (vegetarian diet) translate to as an argument for or against this diet?

Are there any health risks associated with a vegetarian diet which you find to outweigh benefits?