

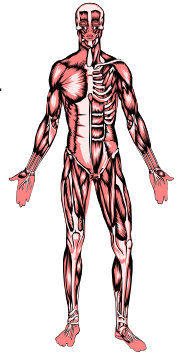
# What is the Natural Diet for Humans?

Vegetarian Society (Singapore) [www.vegetarian-society.org](http://www.vegetarian-society.org)

**Are humans herbivores? While a few aspects are debatable, there are some notable hard facts.**

The anatomy of the human body compared to that of a natural carnivore, omnivore and we can see that our body is designed more for a plant-based diet. Statistical studies around the world have shown that incidence of chronic diseases such as cancer and heart disease are high in countries where meat consumption is high.

If we examine the instincts and psychological makeup: carnivores like tigers and sharks are aroused by the scent of blood and the act of savaging. But humans today cannot tolerate the sight or sounds of animals being killed. Clearly we are not made for killing or meat eating. We have to deceive ourselves by building slaughterhouses far away so we do not come in contact with the killing. *"If slaughterhouses had glass walls, everyone would be vegetarian. We feel better about ourselves and better about the animals, knowing we're not contributing to their pain."* -Paul and Linda McCartney



Earlymen were hunters. They killed and lived with its consequences in an animalistic way of life. But we have evolved intellectually and morally. We have choices now. Why choose to revert to an animal status and face its consequences when we can gracefully avoid it?



	Herbivore	Carnivore	Omnivore	Human
Facial Muscles	Well-developed	Reduced to allow wide mouth gape	Reduced	Well developed
Jaw Type	Expanded angle	Angle not expanded	Angle not expanded	Expanded angle
Jaw Joint Location	Above the plane of the molars	On same plane as molar teeth	On saome plane as molar teeth	Above the plane of the molars
Jaw motion	No shear; good side-to-side, front-to-back	Shearing; minimal side-to-side	Shearing; minimal side-to-side	No shear; good side-to-side, front-to-back
Major Jaw Muscles	Masseter and pterygoids	Temporalis	Temporalis	Masseter and pterygoids
Mouth Opening vs Head Size	Small	Large	Large	Small
Teeth (Incisors)	Broad, flattened and spade shaped	Short and pointed	Short and pointed	Broad, flattened and spade shaped
Teeth (Canines)	Dull and short or long (for defense) or none	Long, sharp and curved	Long, sharp and curved	Short and blunted
Teeth (Molars)	Flattened with cusps vs complex surface	Sharp, jagged and blade shaped	Sharp blades and/or flattened	Flattened with nodular cusps
Chewing	Extensive chewing necessary	None; swallows food whole	Swallows food whole and/or simple crushing	Extensive chewing necessary
Saliva	Carbohydrate digesting enzymes	No digestive enzymes	No digestive enzymes	Carbohydrate digesting enzymes
Stomach Type	Simple or multiple chambers	Simple	Simple	Simple
Stomach Acidity	pH 4 to 5 with food in stomach	Less than or equal to pH 1 with food in stomach	Less than or equal to pH 1 with food in stomach	pH 4 to 5 with food in stomach
Stomach Capacity	Less than 30% of total volume of digestive tract	60% to 70% of total volume of digestive tract	60% to 70% of total volume of digestive tract	21% to 27% of total volume of digestive tract
Length of Small Intestine	10 to more than 12 times body length	3 to 6 times body length	4 to 6 times body length	10 to 11 times body length
Colon	Long, complex; may be sacculated	Simple, short and smooth	Simple, short and smooth	Long, sacculated
Liver	Cannot detoxify vitamin A	Can detoxify vitamin A	Can detoxify vitamin A	Cannot detoxify vitamin A
Kidney	Moderately concentrated urine	Extremely concentrated urine	Extremely concentrated urine	Moderately concentrated urine
Nails	Flattened nails or blunt hooves	Sharp claws	Sharp claws	Flattened nails

