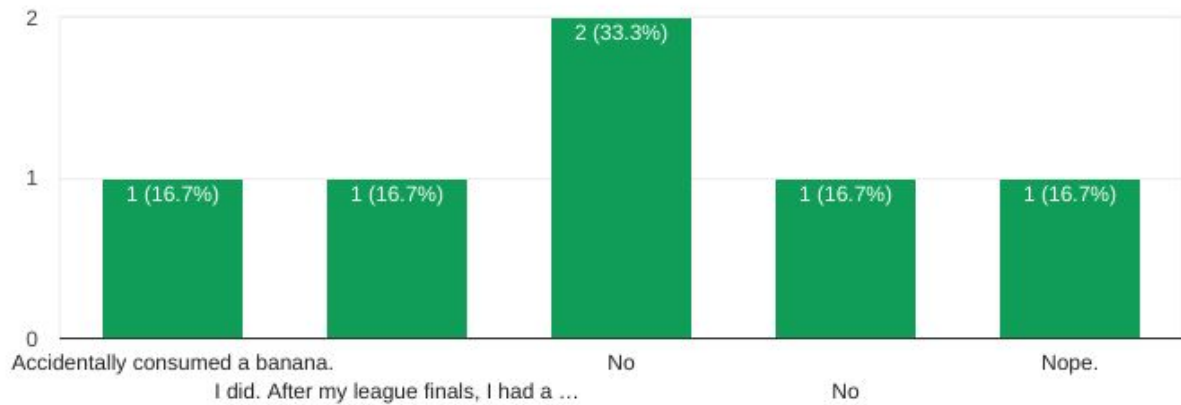


Project Fork-Cast Response Collective

Did you accidentally or intentionally consume any of the 12 foods? If so which one?

6 responses



Did you experience any shifts in your mood, energy levels, ect. 6 responses

No

I'm starting to feel less off

I did not.

Not really. I was extremely tired from rally practice and usually I depend on coffee to get me through.

Not that much.

I am so tired. Not having coffee every morning before school has really taken a toll on my energy and focus levels.

Have you begun to adjust to living without these foods? 6 responses

I am definitely used to the change at this point and it's honestly not that hard.

Yes I've learned to control myself to not eat the foods

Yes, I have

I have begun to slightly adjust. I used to crave chocolate and coffee pretty much all the time, but these days I've been looking for alternatives or eating something else.

Yes, but it sucks.

I have slowly begun to adjust within the last day, but I do miss certain foods.

Did you find yourself in situations where you could not eat one of the 12 foods, what was the situation? 6 responses

No

I keep wanting ice cream 🍦

Yes, the oranges are still in the assorted bowl of fruits and I had to settle for the apples.

Not that often.

I couldn't drink the tea my mom made because it had honey in it.

Once again, I did. I went out to dinner with my boss and co-workers to a mexican food place, where almost every dish had avocado in it. I did avoid eating it though.

How difficult did you think taking part in the project would be before you took part? Rate this on a scale from 1 to 5

6 responses

