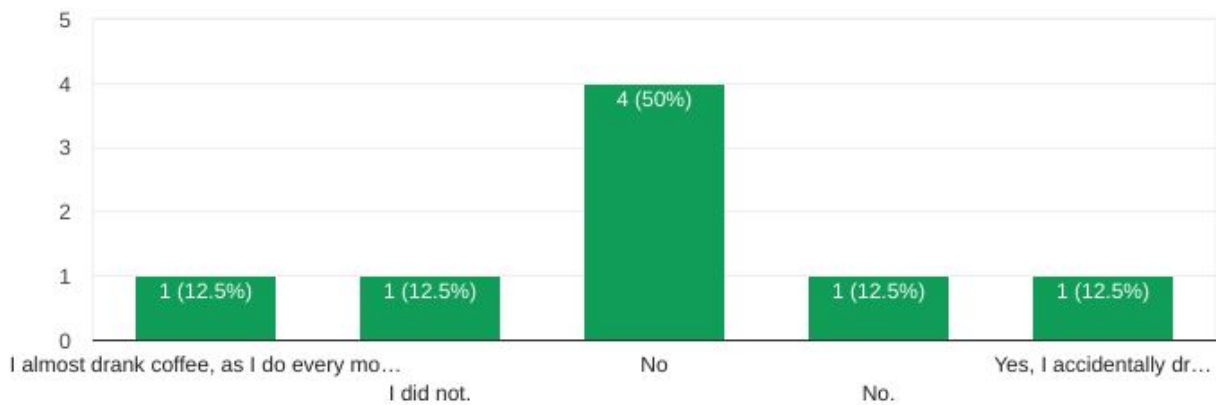


### Did you accidentally or intentionally consume any of the 12 foods? If so which one?

8 responses



Did you experience any shifts in your mood, energy levels, ect. 8 responses

Yes, very tired.

I was frustrated I could not eat a banana OR an orange for breakfast today.

I once again felt a lack of energy, taking a three hour nap at 6 pm earlier today. Moreover, I felt slightly more irritated with people throughout the day.

I felt a little bit more tired than usual because chocolate is a big part for me.

more tired due to lack of coffee

Yes, I felt a little tired when I woke up

I'm so tired right now and just want to sleep. That might be school though

I am extremely tired and irritable. Without my coffee, I can barely focus during my first period class.

Did you find yourself in situations where you could not eat one of the 12 foods, what was the situation?8 responses

Yes I was going to eat a cookie but it had chocolate in it.

Yes, breakfast.

There wasn't a particular situation, but my friends would constantly eat foods on the list near me

My mom made one of my favorite foods but I couldn't eat it because it had raisins.

No

Yes, I was going to order fish at dinner, but I realized I could not at the last moment and got chicken instead.

Yes: I had to turn down coffee and couldn't eat grapes my mom bought

Every morning so far when I haven't been able to drink any coffee.

Do you currently take part in a plant based diet?8 responses

0 2 4 6 8 10  
yes 0 (0%)  
vegan 0 (0%)  
vegetarian 1 (12.5%)  
mediteranean 1 (12.5%)  
pescatarian 0 (0%)  
nope 8 (100%)

Value	Count
yes	0
vegan	0
vegetarian	1
mediteranean	1
pescatarian	0
nope	8

Are you aware of how your diet impacts the environment?8 responses

Yes, I have been reading more about it because I wanted to not only improve my diet for health reason of my own but also to help the environment.

Yes, but not fully.

I am aware, which is why from earlier this year I've been leaning more towards a more plant-based diet. However, I haven't cut out meats entirely.

Not really

I'm beginning to look into it

Not really

Yes, painfully so

I am. Because of this, my family has decided to cut out red meat entirely, due to the fact that the cattle industry gives no benefits to the environment, especially considering the pollution that the industry creates. The only meat we consume is chicken. My diet has a direct effect on the health of our world, and I know I need to do my part to help