

## Project Fork-Cast Response Collective; Day One

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Did you accidentally or intentionally consume any of the 12 foods? If so which one? 9 responses

No (2)

Yes, fish

Yes, avocado because I already bought them last week & didn't want them to go to waste.

Nope.

I did not, but I had to be extremely conscious about what I consumed throughout the day so I could avoid that.

Yes, bananas and oranges

Banana and avocado

Yes, avocado

Did you experience any shifts in your mood, energy levels, ect.9 responses

No (3)

I felt a little more stressed about not eating chocolate for a whole week lol

Unfortunately, I was extremely tired without my coffee and fell asleep in several of my classes, oops.

I did not, but I'll give credit to the fact that this was my first day and that shifts will catch up to me in a few days.

No, I flipping forgot.

Yes: more tiredness, more apathetic, negative mood

Yes, I was more tired because I couldn't have coffee.

Did you find yourself in situations where you could not eat one of the 12 foods, what was the situation? 9 responses

I was about to get sushi and realized I couldn't.

Wanted to have some ice cream but then I realized it had chocolate and peanuts and then I got sad 😞

No

I swung by Starbucks after school to pick up a drink and was surrounded by the smell of coffee. It was probably the worst decision of my day to walk in there.

For dinner, we had mexican style dishes, many of which contained avocados. I had to refrain from eating those dishes.

No I did not.

I was offered coffee throughout the day and had to decline it

No.

Yes, could not eat fruit after the gym. I was very sad because I like fruit

Have you become more conscious of these food's prevalence within your diet since taking part in Fork Cast?8 responses

Yes I eat them a lot and I have taken them for granted in thinking I will always have them.

Yes!

Yes, I actually was unaware of how many of these foods I consumed. It's just the first day, but I never realized how many of these foods I consume on a daily basis.

Absolutely. It makes me extremely conscious of what I am eating, especially because I do not want these foods to become extinct.

Yes, I feel bad not following through but I PROMISE I will do it tomorrow!!

Yes

Yes, I never realized how many of the foods I consume everyday.

No, I am usually very conscious of my diet.

## Which food if any do you miss most?

9 responses

