

I want to reduce digestive system issues

Meat is my main source of protein (T14)

I have reduced how much meat I eat (T7)

I find meat hard to give up (T7)

I avoid eating dark meat (T2)

I like the taste of meat (T24)

My family loves eating meat (T1)

A graph with five nodes: T1 (blue), T2 (light blue), T7 (green), T14 (red), and T24 (pink). Edges connect T14 to T24 (purple), T24 to T2 (orange), T2 to T7 (purple), and T7 to T14 (orange). There is a self-loop on T7 (orange).

The diagram illustrates a network of relationships between various factors. The nodes and their connections are as follows:

- Node T1 (Blue):** Taste motivates my family to eat meat (T1). It is connected to T1 (orange) and T1 (purple).
- Node T1 (Orange):** My family loves to eat meat (T1). It is connected to T1 (blue) and T1 (purple).
- Node T1 (Purple):** My family sometimes limits beef for health (T1). It is connected to T1 (blue), T1 (orange), and T6 (purple).
- Node T6 (Orange):** I am concerned about my health (T6). It is connected to T1 (blue), T1 (purple), T13 (green), and T2 (purple).
- Node T6 (Purple):** I have acid reflux. It is connected to T1 (purple) and T6 (orange).
- Node T2 (Blue):** I avoid greasy meats. It is connected to T6 (purple) and T2 (purple).
- Node T13 (Green):** I am concerned about environmental impact (T13). It is connected to T6 (orange) and T2 (purple).
- Node T2 (Purple):** I avoid eating red meats (T2). It is connected to T6 (purple) and T13 (green).
- Node T3 (Orange):** I mostly eat chicken or turkey (T3). It is connected to T6 (orange).