

The diagram illustrates the relationships between various barriers to meat reduction. The nodes and their connections are as follows:

- Nodes:**
 - T8 (Green):** I am motivated to eat healthier
 - T23 (Brown):** I was raised eating meat regularly
 - T4 (Orange):** I lack vegan recipes I like
 - T15 (Purple):** I eat meat at least once daily
 - T1 (Blue):** I have easy access to fresh vegetables
 - T12 (Red):** Meat-based meals are convenient for me
 - T25 (Pink):** I enjoy the taste of meat
 - T4 (Orange):** I prepare vegan meals for social occasions
 - T4 (Orange):** My nephew is vegan
- Relationships (Edges):**
 - Orange Edges:** T8-T23, T8-T4, T8-T15, T23-T4, T15-T4, T15-T12, T4-T12, T12-T25.
 - Purple Edges:** T8-T25, T23-T25, T15-T25, T1-T25, T1-T12, T12-T23, T25-T23.

The graph consists of 8 nodes, each represented by a colored circle with a label: T-1 (blue), T4 (orange), T8 (green), T12 (red), T15 (purple), T23 (brown), T25 (grey), and T26 (pink). The nodes are interconnected by edges of three colors: orange, purple, and green. The green edge between T8 and T4 is the most prominent, being significantly thicker than the others. Orange edges connect T8 to T23, T15, T12, and T25; T15 to T23 and T25; T23 to T4; T4 to T25; T25 to T12; and T12 to T26. Purple edges connect T8 to T15 and T12; T15 to T12; T12 to T23 and T25; and T23 to T25. The nodes are arranged in a roughly circular pattern with T-1 at the bottom left and T26 at the top right.

The diagram illustrates the factors influencing the decision to eat less meat. The central node, 'I want to eat less meat (T7)', is connected to eight peripheral nodes. The connections are color-coded: orange for positive influences and purple for negative influences.

- Positive Influences (Orange Lines):**
 - I eat what I feel like (T22)
 - I enjoy the taste of meat (T25)
 - I am concerned about my health (T6)
 - I agree with ethical reasons to avoid meat (T0)
 - Vegetarian alternatives are available (T4)
 - I focus on what's available at home (T26)
- Negative Influences (Purple Lines):**
 - My nephew is vegetarian (T4)
 - I am concerned about the planet (T13)

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graph TD
    T7((T7)) --- T22((T22))
    T7 --- T25((T25))
    T7 --- T6((T6))
    T7 --- T0((T0))
    T7 --- T26((T26))
    T7 --- T4((T4))
    T7 --- T13((T13))
  
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