

Coronary heart disease risk concerns me (T6)

I am concerned about health effects (T6)

I am concerned about environmental impact (T13)

Red meat in moderation is acceptable (T2)

Family influences my meat eating habits (T1)

I vary between white and red meat (T12)

I eat meat regularly (T18)

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graph TD
    T1((T1))
    T2((T2))
    T6((T6))
    T13((T13))
    T18((T18))
    T6 -- purple -- T13
    T6 -- thick orange -- T18
    T18 -- thick green -- T2
    T18 -- orange -- T13
    T2 -- thin orange -- T13
    T6 -- self-loop
    T2 -- self-loop
    T18 -- self-loop

```

Figure 1 is a network diagram illustrating relationships between variables. The nodes are represented by colored circles with text labels and time points in parentheses. The nodes are:

- Orange nodes:**
 - I regulate red meat consumption (T2)
 - I am concerned about heart diseases (T6)
- Green nodes:**
 - Social contacts regulate red meat intake (T16)
 - Social contacts are concerned about heart disease (T16)
 - I am mindful of the environment (T13)
 - I avoid processed meats (T0)
- Grey nodes:**
 - Some social contacts are concerned about environment (T13)
 - I avoid fatty meat portions (T10)

The connections between the nodes are as follows:

- Orange line:** Connects "I regulate red meat consumption (T2)" and "I am concerned about heart diseases (T6)".
- Purple line:** Connects "Social contacts regulate red meat intake (T16)", "Social contacts are concerned about heart disease (T16)", "I am mindful of the environment (T13)", and "I avoid processed meats (T0)".
- Grey line:** Connects "Some social contacts are concerned about environment (T13)" and "I avoid fatty meat portions (T10)".

A graph with five nodes: T2 (orange), T6 (orange), T16 (green), T13 (green), and T0 (blue). Edges connect T2 to T16 (purple) and T6 to T16 (thick green).