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To eat or not to eat. A comparison of current and former animal product limiters.

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Abstract

In this exploratory study, we compared current and former pescatarians, vegetarians and vegans on a number of variables including the motivations for their food choices. Participants were recruited via online message boards as well as through snowball sampling. Of the 247 participants, 196 were currently limiting animal products and 51 were former animal product limiters. Current limiters were more likely to have made a gradual rather than abrupt transition to animal product limitation and were more likely to have joined a vegetarian or vegan group than former limiters. Furthermore, current limiters indicated that their eating pattern was a part of their self identity. These findings shed light on the differences among current and former vegans and vegetarians and can inform individuals interested in promoting animal product limitation for health or ethical reasons.

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