

Below explains what we have concluded by the end of our research and experiment as vegetarians.

Part 3: Conclusion

Our research has found that two out of three of us have found it difficult to be vegetarians since we are natural carnivores, while one out of three of us have chosen to continue as a vegetarian. Both participant #1 and #2 decided that they can continue to eat meat while making healthy, safe choices. We can do this by choosing hormone-free beef and Recombinant Bovine Growth Hormone (RBGH) free dairy products at the supermarket. We can also look for food that carries the USDA (United States Department of Agriculture) certified organic label. We can choose small farms that raise grass fed or pasteurised animals or shop at markets such as Trader Joe's and Whole Foods. Out of the three participants, one person gave in and ate meat; however, it was unintentional because she grabbed an hors'd'oeuvres without investigating it first. Participant #2 found that she eats fast food too often and is now going to trade her traditional eating habits for healthier choices.

By applying a vegetarian eating style for one week, we have found that our traditional eating habits have been altered, where we have become more actively aware of the food we are consuming. Therefore, the combination of research, the documentary *Food, Inc.*, and experimenting as vegetarians, has allowed us to seek alternate, safer and healthier options when buying meat. We also noticed that it is hard to consistently think like an active consumer when eating throughout the day. Most of us have been raised to trust and not think about what

is sold in the supermarket, listed on a menu, or tossed in a meal. This experiment has taught us to make more meaningful decisions about where or what to eat.