

DIET

I'm trying to be a vegetarian, because it seems like our agricultural industry is essentially engaging in widespread torture of animals. As a very picky eater whose diet contained *very* few vegetables until recently, this is difficult for me, and I've made some compromises to help myself cope with it. My goal isn't personal purity; I think reducing my consumption of animal products—and thus reducing my financial contribution to the mistreatment of animals—is worthwhile even if I don't eliminate it entirely, and even if the lines I draw are somewhat arbitrary. But I do think it's helpful to articulate those lines explicitly, so that I'm not tempted to quietly backslide. To that end, this page specifies the diet I'm currently adhering to.

Rules I follow strictly:

- No meat, not even fish

Policies I normally follow, but will break to avoid awkwardness or when I don't feel like my alternatives are adequate:

- No fish sauce, no chicken stock in rice, etc
- Use plant-based milks in drinks
- No eggs *qua* eggs: no fried eggs, no omelettes, no fried egg in rice, etc

Explicit compromises I'm making for now:

- I still consume tons of cheese
- I still eat stuff with milk and eggs as ingredients pretty frequently