

Vegetarianism

Post by “kochiekoch” of January 7, 2025 at 6:10 PM

I was a pescetarian, (vegetarian but with fish), when I was 18 for about a year. (A hippie kind of diet with lots of brown rice).

I did lose a lot of weight, and strangely enough I became much paler, but I can't remember any other changes. I aced a blood test for iron when donating blood though and I still eat brown rice and whole grains when I can. 😊