

Food Preferences

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We've been working--slowly--these past few months on documenting food preference differences between our headmates. For the longest time we didn't think we *had* any differences. We all seemed to not be really picky, and like and eat the same things. Which made sense to us--we share a body, so we're bound to share *some* things.

But over time, it becomes more and more apparent that we like different foods. We're generally not picky across the board, so we'll *eat* most things, sure! But we've started to notice certain people having repeated *cravings* specific to them, or gravitating toward or away from certain choices. One guy might avoid drinking orange juice even though it's not really a *dislike*, and might aim to drink soda water instead. Another might front and routinely eat every apple in the house each time they do, but it's not like they won't eat *other* things too. We've realised it's subtle, but there.

So... We've started noting down specific things like this in our SimplyPlural custom fields, to get a grasp on what we like as individuals. We've even learned of some things that some headmates *don't* like and really don't want to eat! We'd brushed off the occasional "bad tasting" food we'd normally be fine with on any other day as "this is just a bad batch of [food], something must've happened in the store" before this, but now we're noticing that sometimes the "bad batch" lines up with "I am currently [specific guy]". And surprise surprise, foods suddenly tasting really really good but never quite hitting the spot after that? That *also* tends to be a specific guy who really enjoys that food and just didn't front again for a while.

It's honestly helping us get more joy out of life. Taking note of who likes what means that we can learn more about ourselves and have more fulfilling meals, after all! We don't need to worry about if the juice is suddenly a bad batch this time, because previous times it tasted sour were just one guy who doesn't like it. We don't need to be sad that mac n cheese doesn't taste as amazing as normal because we *know* it's one guy who loves it more than the rest and there's other tastier things to eat. And when we all have little things like this... It's just nice overall to know, and to get the most out of our meals.

We were a little worried that we'd been accidentally changing ourselves through keeping note of who likes what. Or that we'd be contradicting ourselves without knowing and have to question our experiences again, in the general imposter syndrome "am I really plural or just faking?" way. But our choices don't seem to change, lists or not. There's been several times where a person will be excited to eat something, then be dissatisfied in how it tasted or felt texture-wise, then think "hold on, is this written on my list as something I don't like? I should write it down just in case." and they check our SimplyPlural--and there it is, already written there in the section for it. We forget what's on the lists pretty commonly, but our preferences stay intact even if we do forget what we enjoy. It's now also become another way to fight against the "am I really experiencing this?" thoughts--how could we not have *something* going on if we can forget who likes what entirely, and have it remain consistent anyway?