

Sample Abstract

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Monitoring Caloric Intake of Chocolate Confections (*Grande chocolota*) During Field Work in the Monterey Bay National Marine Sanctuary, CA

It is a well-established fact that chocolate confections (*Grande chocolota*) are a useful tool for the completion of harmonious and productive field work. However this is a tool that should be utilized in moderation, as consumption of too much or not enough chocolate could induce a discordant state amongst researchers. To determine the ideal consumption rate for chocolate during field work, we embarked upon a three year study during which we monitored the chocolate intake of all field researchers within the Monterey Bay area. To ensure rigor, we painstakingly sampled all chocolate types consumed within the Bay. Taste tests were conducted in a laboratory setting to determine if quality chocolate versus quantity chocolate made any difference to conducting productive field studies. Our research definitively proves that a moderate yet consistent intake of quality chocolate has the most profound effects on successful field work. The authors plan to expand this study into other National Marine Sanctuaries.