



**360° VIEW OF FOOD**

# SPIRALIZED MAGAZINE

**LOVE, FISH &  
SNEAKERS**

PAGE SEVENTEEN

**GLOBAL GRUB  
CAIRO**

PAGE THIRTY-THREE

**INSECTS FAD  
OR FUTURE?**

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**TELL ME  
WHAT YOU  
EAT, AND I  
WILL TELL  
YOU WHO  
YOU ARE.**

**JEAN  
ANTHELME  
BRILLAT-  
SAVARIN**

DELICIOUSLY  
ENTERTAINING

# EDITOR'S LETTER

- GINA KEATLEY

All you need in life is a bit of gumption and the nourishment to get you there. Welcome to the first edition of Spiralized, our new quarterly open-minded and deliciously entertaining magazine. We dare to do the unthinkable, to merge the classes and divides that is making us homogenized and unhealthy. In our features, we focus on unique characters and their stories that give food an intangible soul.

We celebrate perfectly imperfect food. You don't have to pick between a zucchini or a tomahawk steak, nor spend your days attacking and tearing down each other's food philosophies. We at Spiralized seek to find a platform to debate, conversate and break bread with other food lovers. Let's cease to be petty calorie counters. Let's Build, Share and Try. Let's be recklessly free and driven.

Let's ask for forgiveness, not permission. Let's eat what we want, when we want and let's have some fun doing it. Join us as we free ourselves from the exceptions of what food should be and embrace the adventure of what food could be!

**Let's eat what we want, when we want and let's have some fun doing it.**

# FALL

Welcome the cool temperatures with  
comfy fall meals.

# SAVORY SOCIAL MEDIA



1/2. @ASIANFOODNINJA - SEEKING FAR AND WIDE FOR GOOD FOOD TO SHARE

3. @NBOCHLER - RESTAURANT OWNER, CHEF, FOOD/DRINK OPTIMIST

4. @SPECIALTYPRODUCE - SAN DIEGO BASED RESTAURANT WHOLESALER

5. @MYORGANICHEART - PLANT BASED CERTIFIED NUTRITIONAL PRACTITIONER

6. @KIMLYCURRY - I'M VERY FOOD OBSESSED AND I LOVE TO EAT!

7. @STUFFONTOAST - TASTY VEGAN TOAST CREATIONS AND MORE

8. @BITECLUBNOMS - CREATING KICK-ASS NOMS AND TAKING RESERVATIONS

ABOVE WE HAVE  
HIGHLIGHTED  
TOTALLY  
FOLLOWABLE  
FOODIES





# JOIN the HALF-CUP HABIT



Kick-start your wellness goals by adding more pulses into your diet. Pulses are affordable and nutritious, it's time to just add pulses.

Learn more and sign up today at [Pulses.org](http://Pulses.org)

**BEHIND THE  
RIPE**



**WHAT'S IN SEASON?**

**WE ASKED THE FIERCEST  
CHEFS, DIETITIANS &  
FOOD SCIENTISTS  
WHAT ARE YOU EATING & DRINKING NOW?**



# WHAT WE ARE EATING ....

## **ANN BUTLER. CEO EDIBLE EDUCATION & CHEF**

"I am eating trendy turmeric - I love curry based foods and turmeric is my hot new health ingredient. Turmeric is also a beautiful, golden color and adds depth to your dishes."

## **JIRO YASU. FOODIE & TRAINER**

"With the weather getting colder I'm all about the ramen and I am topping it with thick cut bacon. I'm also loading it with bok choy and crazy spicing."

I work hard in the gym so I am going to enjoy being in the kitchen . I usually focus on low carb but I gotta have my noddles at least once a week."

## **NATALIA LEVEY. HEALTHY LIFESTYLE EXPERT & CHEF**

"I grew up in Russia, where we pretty much depended on eating seasonally. Cabbage is big for me. I make soups, braised cabbage and homemade pickled cabbage. Another food that I'm absolutely in love with for the fall time is wild mushrooms."

# WHAT WE ARE DRINKING ....

## **ERICA WIDES. CHEF, EDUCATOR & MEDIA HOST**

"All summer I was drinking Gose, the low-alcohol, sour and salty beers. I REALLY love them, but the fall is time for IPA's and saisons for me. I'm also enjoying all the amaro aperitivo, like Aperol, Punt e Mes, etc. I love bitter and it balances the sweetness of fall produce very well."

## **LEON ANDERSON. FOODIE & FOOD SCIENTIST**

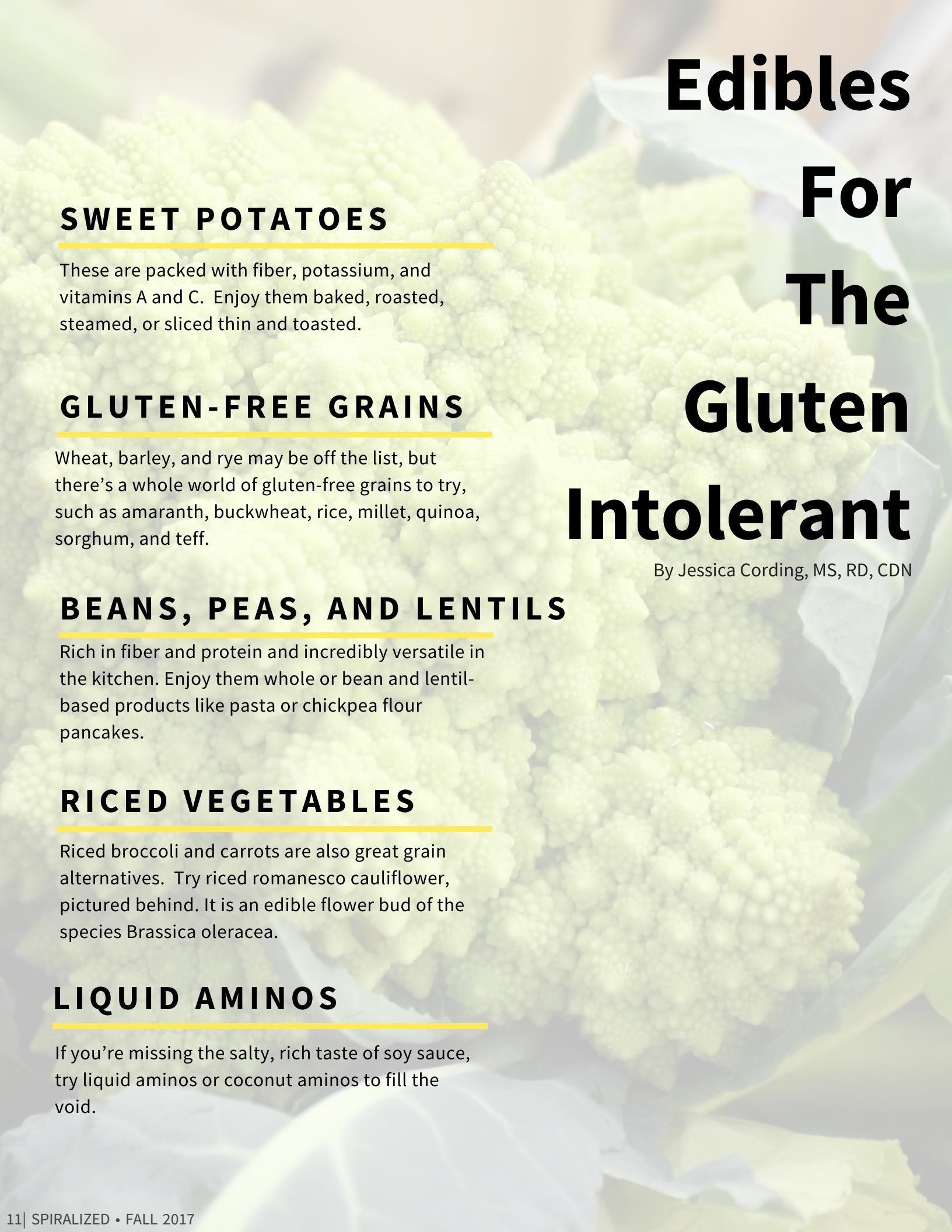
"Flavored seltzers are big for me this fall. These drinks contain carbon dioxide gas, under pressure it has been dissolved. I like to add fresh

herbs thyme, lavender, cilantro or mint. It's science made yummy."

## **THOMAS MCQUILLAN. SUSTAINABILITY EXPERT BALDOR FOODS**

"I spend my days reducing food waste so I am a big advocate for saving things like fruit and veggie nubs and blending them up into delicious carrot, ginger juices. I'm also a fan of grapes too but I let others gather and bottle them for me. I have always enjoyed red wine and still do but there is nothing like a Manhattan on a cool fall, Friday evening by a fire place."





# Edibles For The Gluten Intolerant

## SWEET POTATOES

These are packed with fiber, potassium, and vitamins A and C. Enjoy them baked, roasted, steamed, or sliced thin and toasted.

## GLUTEN-FREE GRAINS

Wheat, barley, and rye may be off the list, but there's a whole world of gluten-free grains to try, such as amaranth, buckwheat, rice, millet, quinoa, sorghum, and teff.

## BEANS, PEAS, AND LENTILS

Rich in fiber and protein and incredibly versatile in the kitchen. Enjoy them whole or bean and lentil-based products like pasta or chickpea flour pancakes.

## RICED VEGETABLES

Riced broccoli and carrots are also great grain alternatives. Try riced romanesco cauliflower, pictured behind. It is an edible flower bud of the species *Brassica oleracea*.

## LIQUID AMINOS

If you're missing the salty, rich taste of soy sauce, try liquid aminos or coconut aminos to fill the void.



*You Deserve It.....*

## Full Flat Bed from New York to Cairo

Unwind, relax and let our in-flight personnel cater to you. As the **only non-stop carrier to Egypt from the USA** there is no better way to fly. Our **Boeing 777-300 ER** aircraft offers full flat beds in Business Class so that you can arrive refreshed. Or, if you prefer, stay entertained throughout the flight with hundreds of channels to choose from. EGYPTAIR continues to be a major player in long-haul flying with over 83 years of experience – we understand our clients' needs.

To find out more, visit [egyptair.com](http://egyptair.com)





# Getting Cheesy

By Katie Macdonald

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Creamy Jam Grilled Cheese / Gouda Apple Grilled Cheese

# Creamy Jam Grilled Cheese

Fresh jams and preserves make their seasonal debut come fall harvest. Mix a dollop of your favorite fall time jam with a few tablespoons of goat cheese for a fast yet fancy grilled cheese. The results are a tangy and sweet combo you will absolutely love.

## Ingredients:

2 slices artisan bread  
fig jam  
3 Tbsp. goat cheese  
1 Tbsp. butter

**4 min**  
cook time

Instructions: Butter one side of two pieces of bread. Combine 2 tablespoons of your jam of choice with 3 tablespoons of goat cheese. Spread mixture between the unbuttered sides of the bread slices. Cook on skillet for 2 minutes per side on medium heat or until golden brown.

Serve hot, close your eyes, and try not to drool too much.

**6 min**

cook time

# Gouda Apple Grilled Cheese

Fall time is the best time to branch out with your go-to recipes. We already know cheese and toasty bread are a match made in heaven, but why limit yourself to just one heavenly flavor combo? Apples can help add texture and tang to any dish, and the sour yet sweet flavors pair particularly well with certain cheeses. Take your grilled cheese to new heights with this simple add-on.

## Ingredients:

4 slices fresh sourdough bread  
1 golden delicious apple, peeled and sliced  
4 slices Gouda cheese  
2 Tbsp. butter

Instructions: This recipe makes two sandwiches, or more, depending on how many apple slices you use per serving. Lay out your bread slices. Slather butter on what will be the outsides. Add 1 slice of cheese to 2 slices of bread, then place apple slices over each slice of cheese. Top with a second gouda slice and the final piece of bread. Over medium heat, lay the buttered sides of the bread onto a warmed skillet. Cook for 3-4 minutes on first side while pressing down on the sandwich with spatula. Flip carefully and cook 2-3 minutes on the other side, allowing to brown fully. Slice sandwiches in half and serve immediately.

# You've been Served

HOT NEW RESTAURANT OPENING



We at Spiralized spend a lot of time tasting, chewing and sampling new hot food spots. This season we are eating up & Pizza. This hip and humane pizza restaurant gives new meaning to splitting the pie. They pay living wages; use fresh produce locally-sourced when possible and they also partner with local shops in their area like the new stores located in lower Manhattan serving up Fine and Raw artisan confections chocolates another favorite of ours.

But besides the DJ, yes they have a DJ this nice pizza shop can serve a mean pie for around \$10 with unlimited toppings. That's right, arugula, basil, kalamata olive, sun-dried tomatoes, banana peppers, pickled red onion and more. Pile them on to your greedy little hearts desire. There are around 20 of these locations sprinkled across the US. The Astor Place location in NYC just opened so go before the 'gramers post and we all have to wait in line for a slice of yum!

# It's so easy

make kimchi in <10 min\*



\*(prep time)

use CODE: SPIRALIZED for 10% off

Order your kit now!

[kimchirules.com](http://kimchirules.com)



STYLISHLY SUSTAINABLE

# LOVE, FISH & SNEAKERS

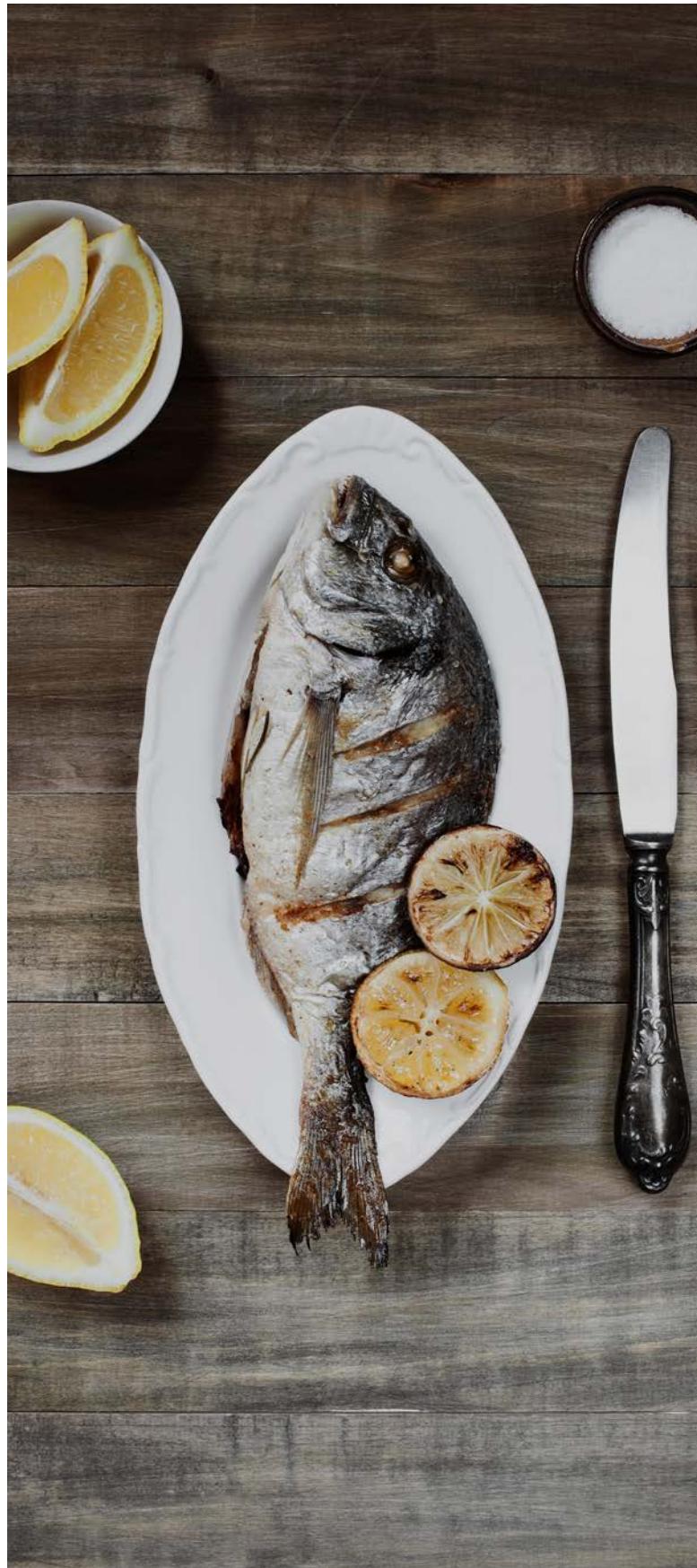
BY JUAN MONTEZ

Like all good stories fish or non-fish related this one begins with a girl. This one just happened to be covered in crustaceans. One day in the summer city heat I met a girl, she was elbow deep in a head-on shrimp basket near Chinatown. We met, we ate and I fell in love. Not with the girl that is but with the fish.

After eating the best fish of my life my obsession with all things under the sea began.

I was hooked from periwinkle to Pacific cod, I loved the flavor. I also loved how nutritious they were, which fueled my feasting even more, but after my initial gorge-fest I started focusing on where my fish came from. Like anyone who loves something, I wanted to keep the fresh, tasty seafood coming. So I started eating the more sustainable types of fish and much to the irritation of my friends and family, making them do the same. I began with the Monterey Bay Aquarium's Seafood Watch Program, which puts out an exhaustive list of fish species that are "Best Choices," "Good Alternatives," and fish to "Avoid". Every time I found myself at a new fish market I would bust out the app and make my seafood choices accordingly.

At this point, I'm purchasing responsibly, all while eating a wide variety. Everything was going fine until one of my friends asked me, "But what does your fish eat?" I didn't really know, I mean, I have an idea, things like krill and algae. So, I did research and found PlasticOceans.org which introduced me to all the plastic that fish were eating from the smallest to the largest species and that this can become deadly to the food chain.

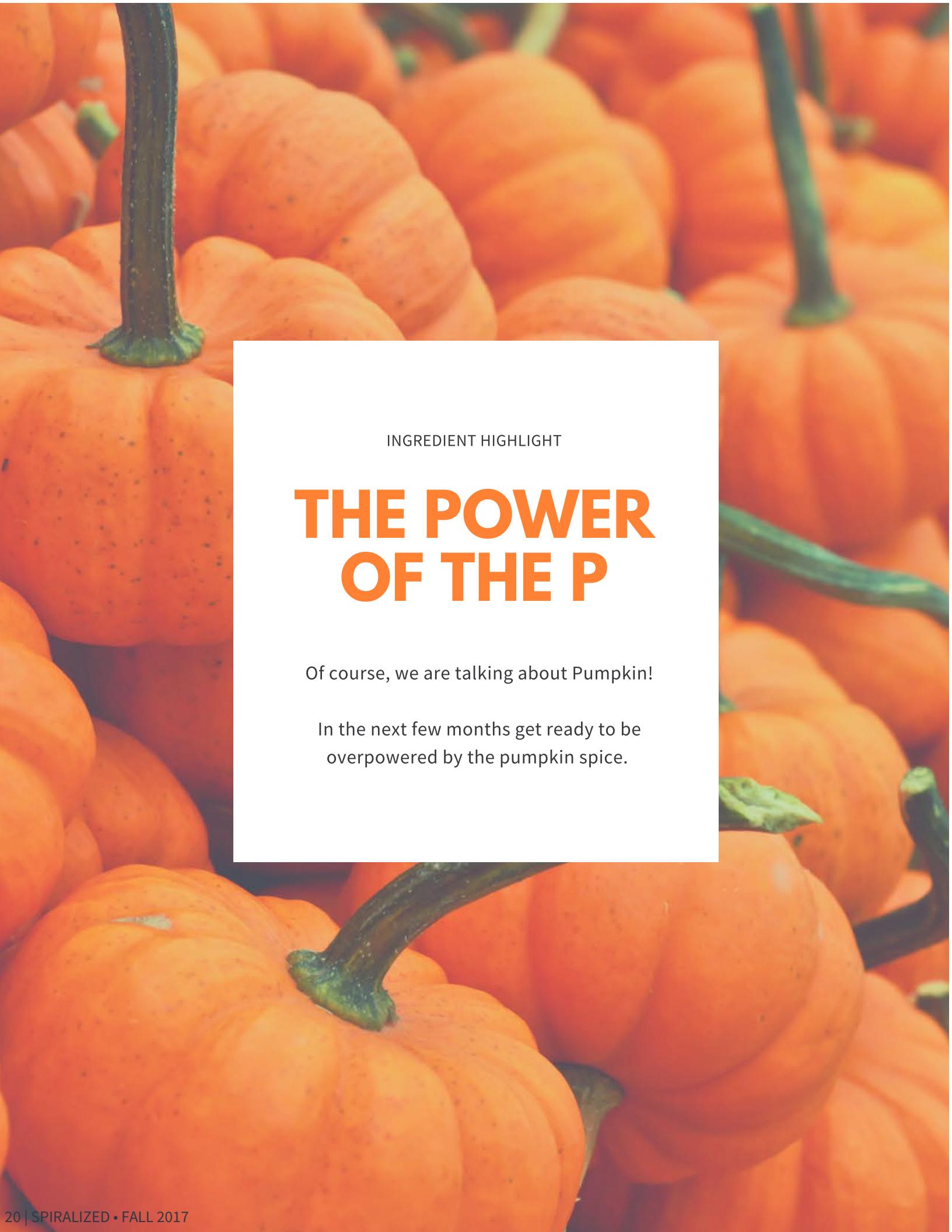




I never thought about the plastic bottles or bags I use ending up in the ocean, I always imagined it was buried in a landfill. I could not have been more wrong. I was shocked to find that more than 8 million tons of plastic get dumped into the ocean every year and that this trash is going to ruin my favorite foods. I wanted to help solve the problem, which brought me to Parley For the Oceans, this group of activists work with countries and companies to remove plastic from the oceans for useful products. One such company is Adidas, which hosted an event in New York City recently to show off the Adidas x Parley shoes, which are made from two types of plastic harvested off the coast of Africa.

This blew me away. I could rock stylish kicks and maintain my three fish a week habit. Amazing!

I've learned that it is important to select sustainable fish but also select sustainable products made from ocean farmed plastics. With the world being so fragile and fish far to delicious we have to do everything we can to keep these precious protein packed creatures protected.

The background of the entire page is a close-up, slightly blurred photograph of numerous ripe, orange pumpkins of various sizes and shapes, filling the frame.

INGREDIENT HIGHLIGHT

# THE POWER OF THE P

Of course, we are talking about Pumpkin!

In the next few months get ready to be  
overpowered by the pumpkin spice.

# **BELOW ARE THREE WAYS YOU TOO CAN GET MORE OF THIS SMOOTH, SLIGHTLY RIBBED, ORANGE COLORED TREAT INTO YOUR LIFE TODAY.**

**Eat its Babies.** That's right, toast and eat the little to-be-pumpkins. Pumpkin seeds contain zinc which can help your immune system fight off those first colds of the fall. In addition, the seeds have quite a bit of protein and varying types of vitamin E. I eat seeds all year long but it's a fun and very easy addition to your fall menu, especially if you want just a nibble of the season. Recognizing that pumpkin is not always associated with a pastry, cookie or dessert is also a nice way to rebrand the way you see pumpkin over all.

**Covet Thy Can.** For me, canned pumpkin is a modern wonder. Some amazing machine has prepped your pumpkin for you. I use these canned wonders for soups, purees or even interesting dips like pumpkin hummus. There are no recipes so don't send me an email about it—all you do is put pumpkin in hummus dip and enjoy. Just make sure you're buying canned pumpkin and not pumpkin pie filling. One is only 86 calories per cup versus 281, which is created by all of the added sugar in the filling.



**Flame It.** If you live anywhere in the continental United States then you know sometimes fall and summer have an overlapping period. Use this time to introduce some fall favors to your summer grill. Slice up your pumpkin and give it a nice grilling. This is also a great ingredient to work on the crosshatch grill marks technique. Grilled pumpkin is a nice addition to any menu and is packed with fiber to keep your summer weight going all the way to winter.

However you add this orange ingredient to your menu keep in mind that even though we live in a world where we can get pumpkin year round, we as a society have decided that there are only three months in which you can truly enjoy this product so get on board and learn to love the pumpkin!





# #HEALTHY

BY SCOTT KEATLEY, RD

This fall, we're all about connecting with others. Experts from all over the globe agree that the easiest way to be our best self is to invite others along for the ride. Download these healthy apps and start connecting for wellness.

Physi pairs people up to get out and get active. If you're looking for a running partner, you can find individuals in the area that are interested in running. If you're looking for a put-put golf partner, that's available too! This app pairs folks based on location, interest in activity and skill-level. You can message, get a list of places to go and the app uses AI behind the scenes to optimize connections.



## Fork Up Phone Down

Go tech free at mealtime. Build wellness boundaries by establishing time just for nutrition, not multitasking.

## FoodConnect

Good for your soul. Connect with volunteers who pick up your excess food and donate to a nearby shelter.

## SupperClub

Easily dine with others as this app connects you to people with similar taste buds.

# #HEALTHY

FRESHEST HEALTH  
AND WELLNESS APPS



# May we suggest the healthy ocean?

Your choice can make a world of difference.

Ask: "Do you serve sustainable seafood?" It's an easy way to voice your support for having responsibly caught and farmed choices on the menu.

Visit [seafoodwatch.org](http://seafoodwatch.org) and download our app to find out what to choose and what to avoid. When you follow Seafood Watch recommendations, you ensure the catch of the day will be there to feed us tomorrow.

Monterey Bay Aquarium  
**Seafood Watch**



[seafoodwatch.org](http://seafoodwatch.org)

# Fall Desserts

By Katie Macdonald



*With fall comes crisp colors, cozy snuggles, and jacket weather. It also brings back all the baked goods and seasonal treats you can imagine. To prevent early dessert-induced hibernation (after all, you still have the holidays and a few dozen pies ahead of you), here are a few healthier-yet-still-scrumptious recipes to try out.*

# Easy Carrot Bread

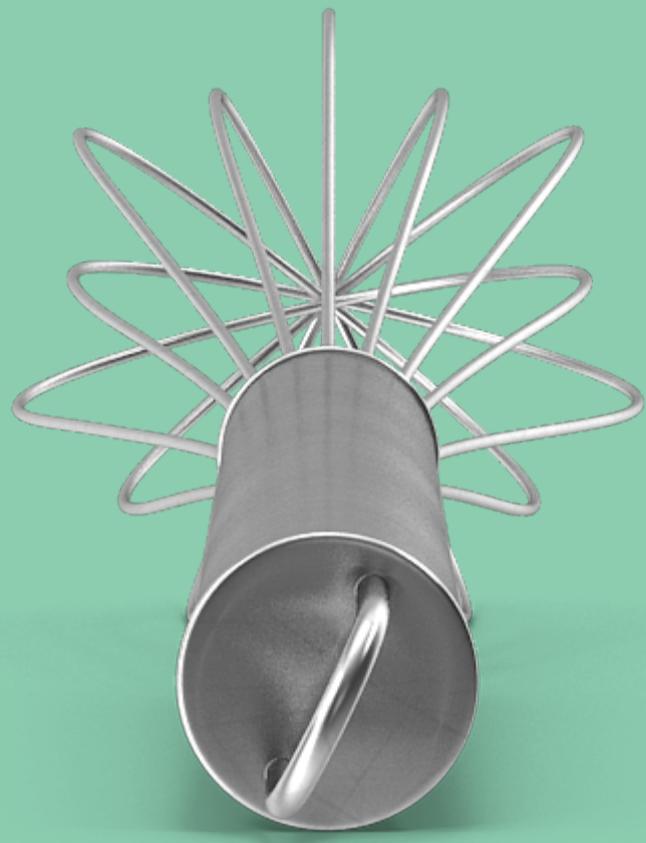
## fall flavors

First to the table: carrot bread. Like carrot cake, but without the guilt (or caloric frosting). 1 slice is about 142 calories, so you can indulge in this nutmeg-and-cinnamon-y goodness while keeping your sweet tooth in check.

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Ingredients:

- 2/3 cup vegetable oil
- 2 eggs
- 1 tsp. baking soda
- 1 tsp. nutmeg
- 1 carrot grated
- 1 cup sugar
- 1 1/2 cups flour
- 1 tsp. cinnamon
- 3/4 tsp. salt
- 1 tsp. vanilla



Instructions: Preheat oven to 350 degrees. Wash and peel carrot, then grate finely into a bowl. Press paper towel on gratings to soak up any extra moisture. Add other ingredients and mix well. Pour into greased bread pan and bake for 1 hour or until a toothpick comes out clean.

Carrots are a good source of Thiamin, Niacin, Vitamin B6, Folate and Manganese, Dietary Fiber, Vitamin A, Vitamin C, Vitamin K & Potassium.

# CANDIED PECANS



*Here's a treat that requires less baking and carbs but doesn't skimp on the sweetness factor. Pecans are lower in calories than other nut varieties and are often used in cakes, pies and cookies, but they also make a delightful, sugary snack on their own. You can easily divide portions up and eat accordingly. 1 serving, about 20 pecan halves or one handful, equals 134 calories.*

## Ingredients:

1 cup pecans (diced)  
3 oz butter  
1/2 cup brown sugar  
1/4 cup white sugar  
1/4 cup honey  
1 Tbsp. of vanilla  
Pinch of salt

**Instructions:** In a warm pan at medium to medium-low heat, melt 3 ounces of butter. Pour in cup of pecans. When the nuts are warmed through, add both sugars and pinch of salt. Mix and stir continually until the sugar is dissolved and the nuts are thoroughly coated.

Next, add 1 tablespoon of vanilla and the 1/4 cup of honey. Stir until you get a nice, gooey consistency. If the nuts start giving off a lightly charred scent, remove from heat. If the pan isn't quite gooey yet, turn heat to very low and keep stirring.

Pour the coated nuts onto a sheet of wax paper and let cool. Divide into even handful-sized portions, eat, and enjoy! Store in airtight containers or bags for later indulging.

**“The only time to eat  
diet food is while you’re  
waiting for the steak to cook.”**

**— Julia Child**





# **Why Eating Disorders Should Matter to You.**

According to the National Eating Disorder Association, eating disorders (ED) such as anorexia have the highest mortality rate of any mental illness and about 10-15% of people in America struggle with eating disorders.

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# **BELOW ARE THREE COMMON EATING DISORDERS AND RESOURCES TO HELP YOURSELF OR SOMEONE YOU LOVE IN DEALING WITH THESE MARGINALIZED, BUT DEADLY, DISEASES:**

**Binge-Eating Disorder.** This is a serious eating disorder in which an individual frequently consumes unusually large amounts of food and feels like they are unable to stop eating. This is not the occasional overeating that can occur during the holidays; binge-eating is more frequent and is generally accompanied by shame and embarrassment, but an inability to stop. This disorder is also accompanied by frequent dieting without results. An excellent place to start on the road to recovery is the Binge Eating Disorder Association. Not only do they have information, but also links to professionals that can help.

**Anorexia Nervosa.** This is an eating disorder characterized by an abnormally low bodyweight, coupled with an intense fear of gaining weight and a distorted perception of body. Individuals with anorexia can become obsessed with controlling their weight and

shape, using extreme efforts that tend to significantly interfere with activities in their lives. Interestingly, anorexia may not be about food; this eating disorder, as well as many others, can be an unhealthy way to try to cope with emotional problems. Help is available and the National Eating Disorder Association has information for patients and family members.

**Bulimia Nervosa.** Is a serious, life-threatening eating disorder. Individuals with bulimia may secretly eat large amounts of food and then purge, or try to get rid of the extra calories in an unhealthy way. Generally, they will force vomiting or engage in excessive exercise. Sometimes people purge after eating only a small snack or a normal-size meal. A good place to start with yourself or someone you know with bulimia is Eating Disorder Hope. They have good resources and can connect you with someone very quickly.

**These are complicated disorders that, at times, don't make sense to people on the outside. But with good information, professional help and tons of patience, these diseases can be overcome. The key is to identify them as early as possible and seek treatment and support.**

# FALL

SUPERFOODS

SU·PER·FOOD  
'SOOPəR, FOO'D/  
NOUN  
A NUTRIENT DENSE FOOD  
CONSIDERED TO BE  
PARTICULARLY POSITIVE FOR  
HEALTH AND WELL-BEING.



01

SQUASH

02

CAULIFLOWER

03

RUTABAGA

04

BRUSSELS SPROUTS



05

DATES

06

KIWI

07

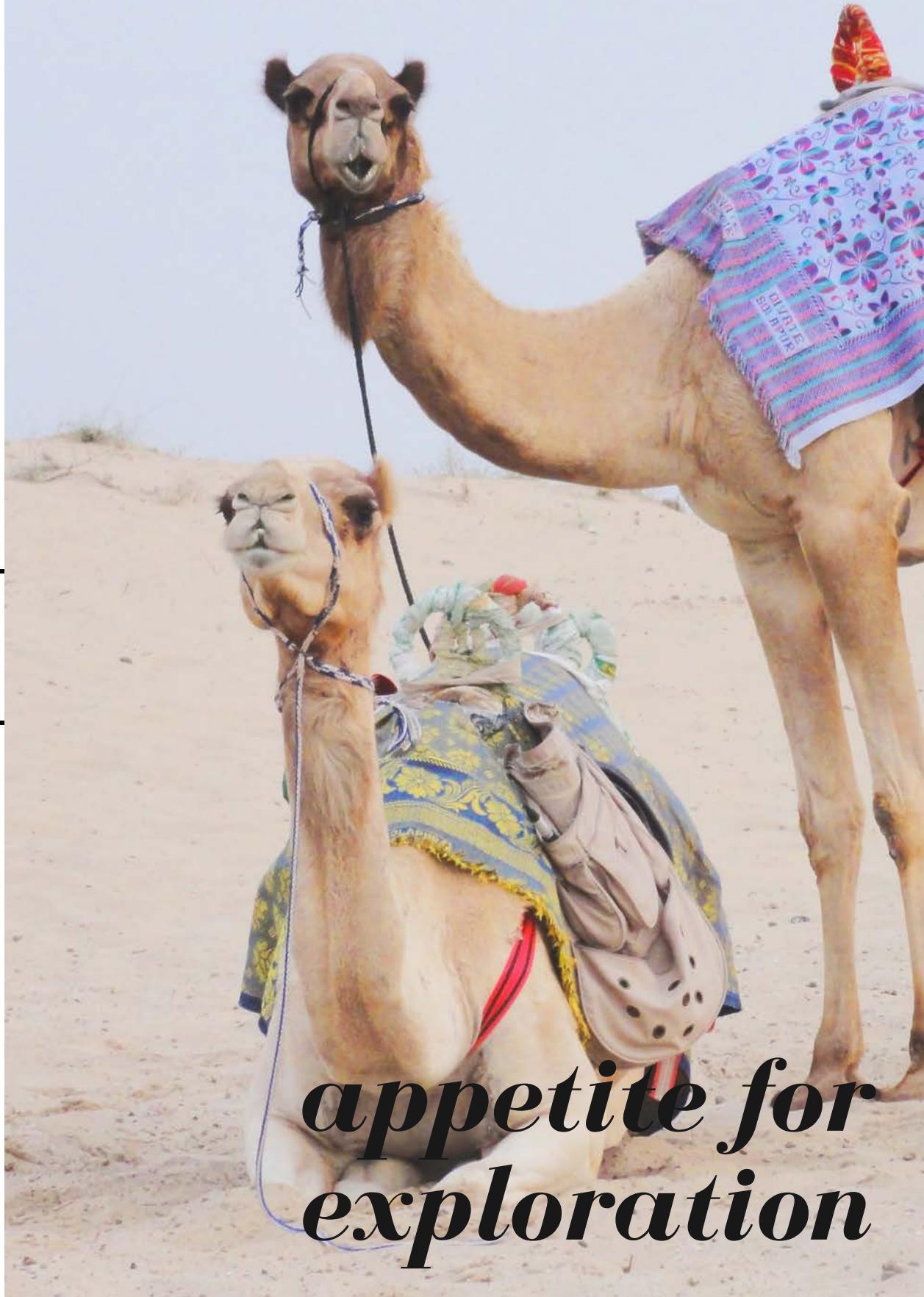
POMEGRANATES

08

SWEET POTATOES

# *Global Grub*

CAMELS, CHICKEN & CARPETS



*appetite for  
exploration*

---

It's 1 AM, my husband and I are wandering the banks of the Nile in Egypt. You would expect it to be a quiet stroll for such a late hour but what I found is Cairo is nothing I expected. Along with groups of families, yes, families with small infants hanging out in groups circling the river, you also have numerous neon glowing party boats with music blaring as chaperones hang out on the shore escorting teens on dates. We're snacking on watermelon seeds vendors are selling directly from their cars. We join the groups as they watch the ships from above to make sure there is room for Jesus or in their case Allah.

The next morning, the sun rises and it pours in to our overly large hotel room. A knock proceeds a welcoming young bell boy carrying what looks like a breakfast buffet. He places his tray down and reveals each culinary delight, one at a time, giving us a bit of a show and an example of his much-practiced English. He asks where we are from, like most everyone you encounter in Egypt. I quickly answer, "The City," out of habit, then correct myself "New York City." He says, "America...cowboys," I smile and my hungry hubby begins to dig in. Even though I have no idea what half the foods are I thank him and he quickly vanishes as quickly as he arrived.





## One of the most flavor filled places on Earth.

This certainly was not a Rooty Tooty Fresh 'N Fruity but just as obscene and sweet. We start with the thing we know best, steak and eggs. The eggs were herb sprinkled, sunny side up and cooked in ghee a clarified butter that originates from India. It is served with dehydrated beef known as beid bel basturma in Arabic. These salty treats had their sweet partners, honey drizzled flat breads and five different tiny fruit jams: strawberry, fig, apricot, orange and raspberry. We nibble on some beans for breakfast called foul, said as "fool" are broad beans pounded together with cumin, lemon, spices and oil. Of course, we have coffee, tea and water as well, and yes, they come in cool looking pots and unnecessary miniature cups—I loved it!

Full from the breakfast feast we hit the city checking out the “must see” locations, Cairo Tower to get a birds eye view of this ancient yet modern city and The Museum of Egyptian Antiquities to look at mummies and lots of mommies as well.

As I noted before, Cairo is a family city and there are lots of kids everywhere, in fact, just a lot of people in general. After a couple hours walking, viewing, ooh-ing and aww-ing we head to the oldest continuously used market in the world to snatch some spices and sip on some jawafa bil-laban (guava with milk) while my husband grabs a soda. The jawafa bil-laban is kind of like a smoothie but served in a plastic bag with a straw popped in it. The market is packed with bold colors and characters, from the date seller with his products propped on his head to the music filled stalls with their brash negotiations being had, this market has to be one of the most flavor filled places on Earth.

We settle into a street café for an early lunch. Perched on a carpet as instructed by the host we were given a visual menu for easy ordering. We decide to split a double-stuffed pigeon with wild rice and fiery yet sweet spices. As our entrée arrives I feel a bit of guilt because I see these guys on my window every day in New York and I fear that they might know when I return but when in Cairo you should eat like an Egyptian.

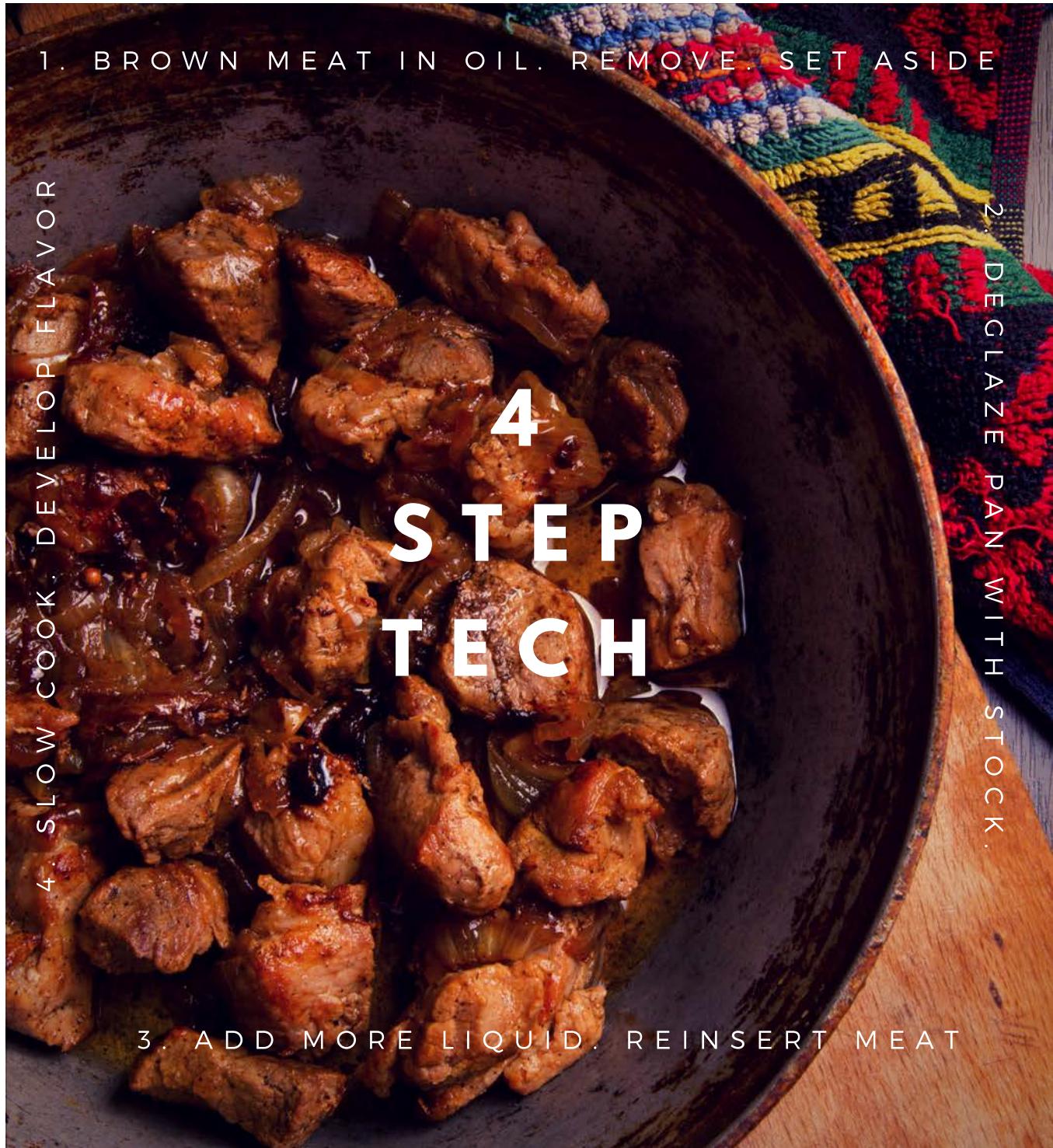
Leaving room for dessert we head from the busy streets to the tranquil oasis of an upscale hotel hosting an afternoon tea. To my delight, they have a very large fondue station as part of the dessert spread. I watch as an older Middle Eastern man, maybe in his 70s, observes the chocolate fountain with apprehension. He leaned in with a small spoon, struggling to reach the dark decadent cocoa. As an interfering American, I head over to show him how to fondue. First, I pick an overly long skewer filled with a variety of fruits, marshmallows, and breads. I show him how to grab, dip, eat and repeat. I retreat back to my table and watch as he goes through the process, the look of pure joy and bliss on his face after he eats the chocolate dipped marshmallow was priceless.



The day was getting long and we still had not done the one thing you have to do in Cairo, we need to see the pyramids. As expected, they were magnificent and noteworthy and we even did the mandatory camel ride in the desert. After our journey into the pyramids, yes you can go inside too, we need a dinner that would allow us a view of this wonder of the world just a bit longer. Luckily, the best view is right across the street on the third floor of a Pizza Hut/KFC. When planning this day I didn't think I would be noshing on a personal pan pizza as we watch the sunset over the pyramids of Giza. Don't get me wrong, I like a good pie but like everything in Egypt, it was surprising. This city is crammed with adventure, food and culture, if you are down for exploration Cairo can really be a tasty town.

# BRAISING

KICKASS COOKING METHOD





# Insects: Fad or Future of Food?

BY LAURA RYAN, MPH

It's easy to assume eating insects is just another fad in the food world with celebrity chefs sharing recipes for Grasshopper Bacon Bits and crickets as the "secret ingredient" for cook-offs. Insects have been eaten by humans for thousands of years, consuming over 1,400 different species. Mexican, South and Central African, and Southeastern Asian cultures have a higher demand for a culinary insect market than other regions of the world, but popularity is rising among elite chefs to get creative with insects in the kitchen.

The argument in favor of adding insects to our diets is growing stronger as climate threats increase. Insects are an eco-friendly food source that could be key to the future of food. The global population is growing, expected to reach over 9 billion by year 2050, putting a huge demand on our food system for sustainable food. Our current food system is operating by unsustainable resource use, with energy inputs higher than the calories it's producing.

Insects are commonly thought of as pests, but they play an important role in maintaining order in natural ecosystems, so more research needs to be done if we are going to industrialize and farm insects. It is research worth doing, as the UN projects that insect farming and production can provide income and jobs to workers around the world.

Still thinking it's crazy to eat bugs? Turn your mind to the honeybee. Although we don't eat the bug, we eat its byproducts – honey and bee pollen. Honey and bee pollen are often categorized as health foods. Local honey may provide support from allergies, bee pollen is high in lactic acid which, among other things, helps control cholesterol. According to the UN report, one serving of crickets provides 121 calories. Their biggest nutritional benefit is their high protein content.

**3 ounces of  
roasted roaches  
contain  
158 calories,  
19 grams of protein.**



Most of the insects that end up as food are foraged from natural forests and sold in local markets. The future of insect consumption appears to have an industrialized future, but more research and legislation is needed to develop a sustainable and regulated system. Fear not, the internet has a surprising selection of dried insect treats, including protein bars made from cricket flour. You can even find insect cookbooks, if you're looking for more gourmet options.

Personally, I'm keeping an open mind to eating insects, but you won't find me in the forest lifting logs looking for grub. Insects may be the future of food, and I'll wait until then to bite into my first cricket.

If you unlike our writer Laura need some bugs ASAP check out our Next Nosh section on page 44 to see some interesting bug based products including a company based in Austin, Texas that farms crickets and turns them into protein products.





MUST EAT FOOTBALL FOODS

# STADIUM BITES

BY ANDY DE SANTIS, RD MPH

POPCORN /

CHICKEN WINGS /

HOT DOGS /

FRIES /

PIZZA BAGELS /

NACHOS AND GUAC /

SUNFLOWER SEEDS /



# STADIUM BITES

As a male dietitian I am a huge advocate for men's health but I also understand how hard it is to convince a guy to eat clean seven days a week, especially on game day. And why should you need to?

There are only 16 football games a year (maybe a few more if you're lucky, or a patriots fan), so why not enjoy them with your favorite foods?

Although I don't call them "cheat meals" I definitely believe that every man is entitled to at least one very FUN meal a week, so it might as well be on the day where you watch your favorite team take the field.

What's funny though is that a lot of the "bad" foods that guys like can actually be made in healthier ways.

Yea, we all know that chicken wings are the best for us, but choosing a simple hot sauce rather than a sodium and calorie laden sauce can make a huge difference.

The same can be said for chips and nachos. Avocado is actually what I consider to be one of the healthier foods out there for men's health, but not every guy loves them. So hey, mash them up and use them as a dip alternative, everybody wins.

Don't be afraid to enjoy your game day meals, but just know that you don't need to choose the LEAST healthy version of that meal either.

### **Popcorn**

Popcorn gets a bad reputation but when you hold the butter it is actually an incredibly healthy game day snack that still feels fun.

### **Chicken Wings**

A cult favorite known more for their taste and messiness than their nutritional value. I recommend using a hot sauce that is lower in calories and don't forget the carrots & celery sticks!

### **Hot Dogs**

Hot dogs are the quintessential game day food but why not mix it up and try a veggie dog or chicken sausage sometime instead?

### **Fries**

Dietitian's like to have fun too and fries are my personal go to game day food. Try baking fries in an air fryer. It's a cool new way to get the crisp fry feeling without the calories.

### **Pizza Bagels**

Want a healthy alternative to ordering a pizza? Throw a whole grain bagel in the oven with some skim mozzarella and low sodium tomato sauce. Cook it just the way you like it and enjoy on game day!

### **Sunflower Seeds**

Probably the ultimate portable snack and completely unmatched when it comes to convenience. Sunflower seeds are full of important nutrients for men's health including magnesium, selenium and fiber.



**TRY BAKING FRIES IN AN AIR FRYER. ITS A COOL NEW WAY TO GET THE CRISP FRY FEELING WITHOUT THE CALORIES.**

# NEXT NOSH

PRODUCTS ARRIVING FALL 2017

Ready-to-Eat Farro Meals by Cucina and Amore. There are 3 flavors to choose from including Roasted Peppers & Artichoke, Lemon & Roasted Garlic, and Mixed Grilled Vegetables including eggplant & zucchini. All of the Farro Meals are vegan and are shelf-stable for 15 months so they do not need to be refrigerated.

G.H. Cretors Popcorn began in 1885 when Great Grandpa Cretors invented the popcorn machine. Don't worry they are making fresh 2017 popcorn now. They offer handcrafted in old-fashioned copper kettles, one batch at a time, is the secret to success for this crunchy, creamy, caramel delight.

Flavored Whole Roasted Crickets. Aketta crickets are a nutrient-rich, tasty and environmentally friendly alternative to meat. They have flavors such as Texas BBQ, Southwest Chili, Sour Cream & Onion, Sea Salt & Vinegar and finally Spicy Hot. The Aspire Food Group focuses on entomophagy (eating bugs) a growing food trend.



# STREET EATS: TASTY TRINIDAD

By Francisca Hector



I have a confession to make. I am absolutely in love with street food! There is something unexplainable about being so up and personal with how the food is prepared and getting to know the people who serve. The experience makes the meal so much more enjoyable.



# EACH BALL PUFFS UP AND FLOATS TO THE OIL'S SURFACE WITH A GOLDEN COLOR.

I join you from my hometown Trinidad, the largest island in the nation of Trinidad and Tobago, off Venezuela's coast in the southern Caribbean. As I stand in the midst of what I can only describe as a street foodies paradise, I am surrounded by a buzz of activity as people swish by trying to anchor their place in front of their favorite food vendor in lines that often curves around corners. Gyros, wings, jerk chicken, burgers, fresh juices and smoothies, ice cream, are just some of the many choices you will find here on any given night. These vendors have become a part of the diverse culinary ecosystem. Tourists come here to get a taste of the local flavors at the friendly price, while others drive by to pick up a quick meal or spend time out with their friends and family. My food of choice tonight is a deep fried Indian delicacy known locally as pholourie. For those who have never heard of or tasted pholourie, my thoughts and prayers are with you. If you are on a diet, then I advise you to leave this for your cheat night.

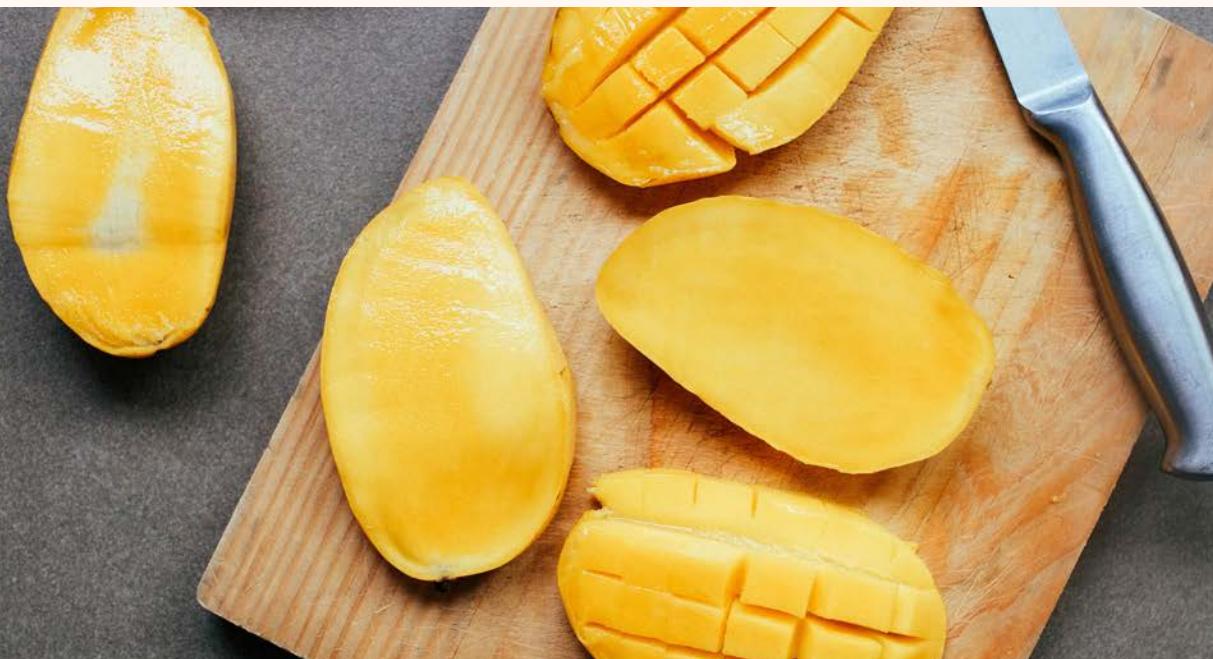
Pholourie is made from ground split peas, flour, yeast, and Indian spices. The ingredients are mixed to form a soft dough and deep fried right before your eyes. I am always amazed at the precision with which each ball is measured out by hand and placed into the sizzling hot oil. Each ball puffs up and floats to the oil's surface with a golden color.



Pholourie is usually served in a brown paper bag (very street chic!), and eaten with a sweet curried mango sauce, but it can also be eaten with mango chutney or a tamarind sauce. Each sauce infused with its distinct profile of spices such as curry, anchar and of course pepper.

Be warned these are very addictive. The leavening agent leaves the insides soft and pillowy and it is cooked just enough so the outsides are not hard and crunchy. The dough soaks up the sauce, and the result is a combination that is so full of flavor that it is hard for you to not want seconds.

With the variety of street foods available, it is often hard to pick a favorite. However, pholourie is definitely in my top five. Now that I have shared one of my favorites I hope you make your way here to give them a first hand bite. These little pillows of joy are worth the trip.





# IS TACO TUESDAY KILLING YOU?

I want to start by making clear—I love a taco. The warm crispy shell, the thinly-sliced lettuce and savory ground beef... they are delicious. However, receptive eating patterns of any kind can cause an imbalance in your diet, causing large nutrient gaps that can lead to significant health issues. *Palaestra*, the journal for adapted sport, physical education, and recreational therapy, reports that we should incorporate 35 different foods per week in our diet.

Over the past few years, I have experimented with options for tracking food for my nutrition clients. From the classic written food journal to my new favorite, the food photo journal concept. Yes — now that we are all snapping pictures of what we eat,

nothing is easier than taking a quick shot of your menu before you dig in. What I found in the first few weeks of this new food-selfie approach was astounding.

A majority of my clients dealing with specific diseases related to nutrition, such as diabetes, obesity and eating disorders, have excessive repetitive eating patterns.

They may be eating 50 meals, but repeating the same basic foods over and over again.

Last week I snatched a phone from a client's hand and asked, "How many times in a week are you going to eat this cereal?! I mean, are you a stockholder?!" Not only does a lack of nutritional diversity create nutritional cavities in your diet, it also can create a feeling of boredom that can cause you to cheat on your healthy regimen and head right for that White Castle drive-through for chicken rings. Yes, you heard me: chicken rings on your ride home from work.

Food is just like a relationship; you have to keep it spicy, literally, in order to keep your body well-adjusted and satisfied. Here are three things you can do today to embrace nutritional diversity:

## GO SEASONAL.

Look toward your inner hippie and use the seasons as an easy guide to diversifying your yearly menu. Remember that each food has a singular composition of vitamins and minerals. Changing the types of fruits and vegetables throughout the year allows you to eat a diversity of nutrients just by switching up your ingredients.

## EAT LIKE AN ARTIST.

Using color as a guide is an excellent option for the introduction of new foods to your diet. Each week, take on a new color and eat at least one new thing in that color. Make it a purple week and try cabbage or eggplant. Next week go for red and add in some radishes or cherries. You can actually see that some food contain different phytonutrients. For example, beta-carotene is a red-orange pigment plentiful in plants and fruits like carrots.

## DOUBLE DIP.

Go old school and try foods that you may not have enjoyed years ago. Many palates adapt and casting aside an entire category of foods is a rash and unnecessary decision. Giving a menu element a fresh look may change your mind and allow all its nutrients back in your rotation.

At the end of the day, I understand that many people are creatures of habit, but if we make an effort to mix it up a bit and embrace new foods into daily lives and our menu-planning, it will create for an overall healthier you.



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