

SPIRALIZED

VOL.5

FALL 2018

TOO CUTE TO EAT

EDIBLE EXTINCTION

P.10

MUST MUNCH:
MUSHROOMS, MEATS
& MATCHA

STAFF PICKS
FROM THE FANCY FOOD SHOW
P.40

GLOBAL GRUB:
IRELAND

STOUT, STORIES & SEAFOOD
P.32

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32

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SPIRALIZED IS
OPEN-MINDED AND
DELICIOUSLY
ENTERTAINING.

WHAT'S IN THIS ISSUE





It's not about eating less, people, it's about eating more. Yes, I dare to say it, eat, eat, eat! Of course I am not saying you should get crazy on a full bucket of fried chicken or a massive bowl of nachos, but you should learn to enjoy and to eat. Caloric restriction may lead to a feeling of unsatisfaction followed by an episode of excessive junk food consumption. To eat responsibly means that you have a positive relationship with food. Food is a joyous and wonderful part of life and should be experienced.

HAPPY BIRTHDAY

TO US!



Spiralized Magazine turns 1!

TIPS FOR
TAKING
GREAT FOOD
PHOTOS

PIC PRO

01 Shoot
In
Natural
Light



01



02

02 Style:
Arrange
Your
Food



03

03 Think
About
Color



04

04 Use
Neutral
Background



05

05 Beautify
The
Scene



06

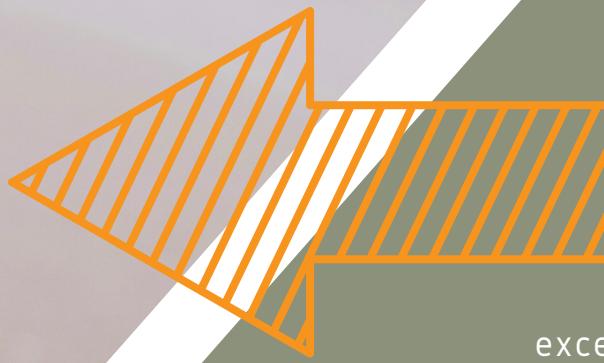
06 Remember
To
Still
Keep
It
Authentic

REMINDER TO TURN
YOUR FLASH OFF!





TREASURE THE TEXTURE



Texture can be an excellent element in your yummy feed.



FAST YUM

OODLES OF NOODLES

Noodles are an essential ingredient and staple in Chinese cuisine. Chinese noodles vary widely according to the region of production, ingredients, shape or width, and manner of preparation.

Most Authentic Eats: Tiny & Tasty!



The Tang is a contemporary Chinese noodle bar nestled in the heart of East Village. They serve noodles, wraps, and appetizers from various regions in China and present the essence of authentic flavors with their own twist.

Our Picks

Drunk Noodles

Braised beef soup mixed with chick pea paste, ZJ Sauce, fried garlic, scallions and topped with beef shanks and sesame seeds

ZJM

House-made sweet bean paste cooked with braised pork belly and dried tofu, topped with sliced cucumber

Oxtail Beef Bone Noodle Soup

6-hr simmered beef bone soup cooked with angus oxtail, topped with goji and pea sprouts

Their mission is to introduce a different genre of Chinese noodles in a creative yet comforting way. They are not backed by any commercial hospitality investment groups, and decided to stand on their own feet and ensure their maximum freedom to develop an establishment that serves soulful, appetizing food.



OODLES OF NOODLES

Top 6 Picks

01

Sliced Noodles
刀削面

02

Pulled Noodles
拉面

03

Shrimp Roe Noodles
虾子面

04

Rice Vermicelli Noodles
米粉

05

Cellophane Noodles
粉丝

06

Egg Noodles
鸡蛋面



NOODLES USUALLY TAKE ABOUT 3 TO 5 MINUTES TO COOK IN BOILING WATER.

Too Cute to Eat



-

EDIBLE EXTINCTION

Jessee Porter, MS, PA-C



We were sitting at sushi bar in the Ginza district of Tokyo, watching the only other patron in the ten-person restaurant eating sashimi after sashimi. We were here for a highly recommended experience, which included exotic eats such as shark. However, we were most excited about the blowfish, which if not prepared correctly, can be poisonous. I was excited to devour the delicacies before us, but just as excited to share with others the crazy things we were eating. Flash forward a year later to our engagement in Peru, where upon return and receiving congratulations, people wanted to know, "did you eat the guinea pig?"

These are obviously not animals I would typically even think about wanting to eat, but when in a culturally diverse environment, it feels appropriate to be more adventurous. However, in some cases, exotic cuisines are acquired by illegal practices and could even pose a threat to the existence of a species. Take for example, the pangolin, an anteater with a scaly armor that resembles a prehistoric creature. One look at a pangolin, and other than thinking it kind of looks like an artichoke; you might wonder why people want them. They are sought after both for use of their scales and consumption of meat. This mammal is the most trafficked on earth, above even elephants and rhinos.

The fugu (河豚; 鮟; フグ) in Japanese or bogeo (복어) or bok (복) in Korean is a pufferfish.

Fugu can be lethally poisonous due to its tetrodotoxin; therefore, it must be carefully prepared to remove toxic parts and to avoid contaminating the meat.



Some consider the liver to be the tastiest part, but it is also the most poisonous

Much like other endangered species that are hunted for their most unique features, the scales of the pangolin are coveted for their claimed medicinal properties. When faced with a threat, they curl into a ball, protected by their tough armor. As adorable as it is, it paradoxically makes it easy for humans to pluck them directly from the wild. In the last ten years, roughly 80% of their population has disappeared as a consequence. All eight species are now listed as threatened for extinction, and two are listed as critically endangered.

The dried scales of the pangolin are ground into powder and sold for various ailments afflicting people throughout Asia, although none of these claims have been medically validated. They are also sought after for their meat, and consumed in a variety of ways, even as fetuses. Pangolin has now become a delicacy in certain areas of China and Vietnam. The acquisition and consumption of illegal pangolin is often considered a symbol of those with wealth and status due to the high demand. Pangolin meat on the black market is priced as high as \$300/kilogram.

Knowing this information, I balked at why anyone would even want to eat these amazing animals, especially given the fact that we are threatening their very existence in the process. And then I remembered the amount of money I paid for a high-end sashimi experience featuring exotic animals in Japan, where I could eat blowfish and brag about not dying. So where do we draw the line?

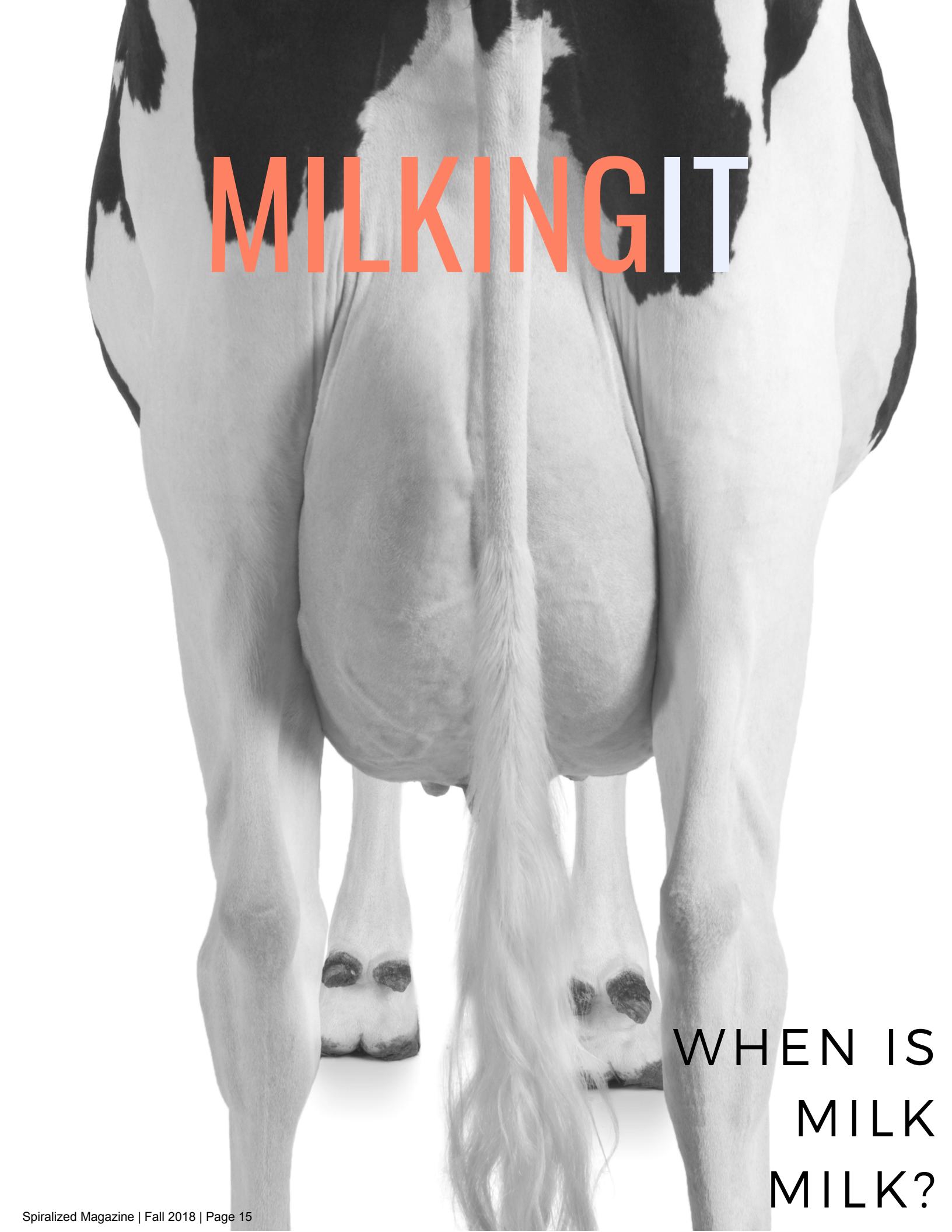
Trying to understand our motivations for these experiences may yield some answers. We certainly exist in a culture where the expensive and elusive are highly valued, which carries over into the food industry. Adventurous eaters have an abundance of avenues to seek out rare or culturally diverse food choices. We then relish the opportunity to share unique and exotic experiences with others.

The Incas domesticated Guinea pigs more than 3,000 years ago. Also not endangered.



Maybe instead, we should revisit our personal values before excitedly snapping pictures of the crazy meals we are about to eat. In my everyday life, I try to eat things that taste good, nourish me, and are responsibly and sustainably made. There is always room for the occasional treat or exotic experience if it is something I can feel good about. In the future, if I find myself eating something for other motivations, I may want to reconsider.

I believe there is no need to consume animals just for the sake of doing it, or to the threat of extinction where there are alternative resources available. So while the pangolins continue to roll themselves helplessly into a ball, I can feel more empowered by the knowledge of their predicament and make more informed decisions for myself. And no, we did not eat the guinea pig.



MILKING IT

WHEN IS
MILK
MILK?



According to the FDA, milk can only come from "one or more healthy cows" even though we all learned from Ben Stiller in Meet the Parents that you can milk anything with nipples--even a De Niro. So what's the big deal? Traditional milk producers want the word milk off the label for the plant-based alternatives. Milk producers are up in arms as demand for traditional milk, per the FDA definition, decreases but plant-based alternatives like soy and almond milk increase.

When is milk not really milk





milk

noun

1.

an opaque white fluid rich in fat and protein, secreted by female mammals for the nourishment of their young.

"a healthy mother will produce enough milk for her baby"

verb

1.

draw milk from (a cow or other animal), either by hand or mechanically.

synonyms: draw milk from, express milk from

"Pam was milking the cows"

The argument is that the plant-based alternatives aren't really milk but are labeled as such and can be confusing to the consumer since the nutrition profile is different for each product. And I agree with the milk producers. Traditional milk is higher in protein, contains all amino acids and has other properties we need such as fat, dietary cholesterol and other trace elements--they are different products and should be labeled as such.

FALL

BY FRANCISCA HECTOR



ESCAPE & EXPLORE

Cranberries are known for their bright red color and characteristic tart flavor. Although it has a lower sugar content compared to other fruits in the berry family, it has a high concentration of water, vitamins, minerals and polyphenolic compounds.

INGREDIENT HIGHLIGHT CRANBERRIES

Fall is the best time of the year! The weather is neither too hot nor too cold, and the beauty of the flora can be seen in the leaves as well as the flowers. It is also the time of year when fresh cranberries are in plentiful supply.

These compounds provide a wide range of beneficial effects for your body including antibacterial, anti-carcinogenic, anti-inflammatory, antioxidant, and gene expression regulation. In addition to being healthy for you, these berries have a culinary versatility that often goes unnoticed and unappreciated.

INGREDIENT HIGHLIGHT

CRANBERRIES



AVAILABLE FROM OCTOBER TO DECEMBER, THESE RED GEMS CAN BE MADE INTO FLAVORFUL DRESSINGS, RELISHES AND CHUTNEYS.

BOUNTIFUL BUBBLES



 @TAIWANESEBUBBLETEAFESTIVAL

LAB B., PART FUNHOUSE, PART EXHIBITION, AND PART TEA SHOP RECENTLY POPPED UP IN NYC. THE BUBBLE TEA FESTIVAL EXPLORED THE CULTURE AND SPIRIT OF TAIWANESE EXPERIMENTATION AND SELF-EXPRESSION THROUGH THE COUNTRY'S MOST POPULAR CULINARY EXPORT — BOBA, OR BUBBLE TEA — THE SWEET TEA DRINK STUDDED WITH BOUNCY TAPIOCA BALLS THAT FANS SLURP UP THROUGH FAMOUSLY OVERSIZED, TECHNICOLOR STRAWS.

(YES THE STAWS ARE RECYCLABLE, FYI)

5 INGREDIENTS
Tea
Tapioca Pearls
Flavor
Sweeteners
Creamer



Hungry4Halal is a mobile application connecting users with halal cuisine through recipes, restaurant mapping and engaging video content.



HUNGRY4HALAL.COM

LOW DOWN ON LIPIDS

Remember in the '90s when fat was the enemy and now we're smearing coconut oil or EVOO on everything we eat? Fat is not the best in large quantities, especially trans-fat, which I'll talk about in a moment. But fat has a lot more calories than an equivalent amount of carbohydrates and protein, so eating an entire stick of butter with a deep fried waffle —a la Homer Simpson—is still not a great idea.

THERE ARE TWO TYPES OF "GOOD" UNSATURATED FATS:

MONOUNSATURATED found in plant foods, such as nuts, avocados, and vegetable oils.

POLYUNSATURATED found in nuts, seeds, fish, seed oils, and oysters.

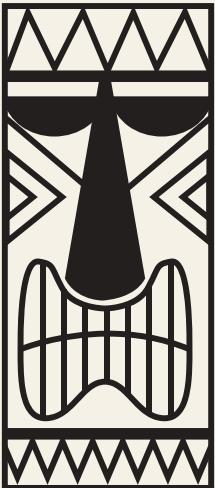




One large egg contains very little saturated fat, about 1.5 grams. Research has confirmed that eggs also contain many healthy nutrients, so eat them in moderation.

Major health groups, like the American Heart Association, say getting a lot of saturated fat raises your chances of getting heart disease; so limit saturated fats. Now on to trans-fat—this is a fat that can occur naturally but is usually created by adding hydrogen to cheap vegetable oils, creating a product that can last longer than a twinkle. Some states have outlawed them, but when you see 0g trans-fat, that just means there is less than 0.5g per serving—that's why the serving sizes can be so funky.

New research and guidelines are starting to show there is less importance in watching your saturated fat intake, but; just like total fat, it should be limited. The latest Dietary Guidelines for Americans recommends keeping saturated fat to less than 10 percent of calories a day. For a 2,000-calorie-a-day diet, that's 200 calories or about 22 grams of saturated fat.



New York's Premier
Cocktail Festival
The New York
Cocktail Expo went all
in with tiki at the
2018 event and we
think you should too!

@nycocktailexpo

TASTY TREND: ALL THINGS TIKI



HASH (TAG) BREAKFAST:



SEASONAL
BREAKFAST
HASH
FEATURING
BUTTERNUT
SQUASH,
APPLES, AND
ROSEMARY

BY JESSEE PORTER, MS, PA-C

THERE IS SOMETHING ABOUT A CRISP,
FALL MORNING THAT CAN MAKE EVEN
THE MOST BREAKFAST-AVERSE CROWD
CRAVE A HEARTY MEAL. AFTER
HASHING AWAY AT WORK ALL WEEK,
THIS SAVORY DISH IS A PERFECT WAY
TO TREAT YOURSELF TO SOME
NUTRITIOUS EATS.

#IEATBREAKFASTEVERYDAY

SERVES: 4

2 TBSP OLIVE OIL

1 SMALL YELLOW ONION, DICED

2 CLOVES GARLIC, MINCED

1 GRANNY SMITH APPLE, PEELED AND CUBED

1 MEDIUM BUTTERNUT SQUASH, CUT INTO 1" CUBES

2 CUPS OF KALE, STEMS REMOVED AND CHOPPED

4 PIECES BACON

4 EGGS

1 TBSP FRESH, CHOPPED ROSEMARY

SALT AND PEPPER TO TASTE

OPTIONAL GARNISH: GRATED CHEESE SUCH AS PARMESAN

DIRECTIONS

HEAT 1-2 TABLESPOONS OF OLIVE OIL IN A LARGE NON-STICK SKILLET OR CAST IRON SKILLET OVER MEDIUM HIGH HEAT. COOK BACON, REMOVE, AND SET ASIDE TO DRAIN. LEAVING SOME OF BACON GREASE, ADD ONION AND GARLIC TO SKILLET, COOKING FOR 2-3 MINUTES UNTIL FRAGRANT. ADD BUTTERNUT SQUASH, APPLE, AND ROSEMARY COOKING FOR 15 MINUTES OR UNTIL SQUASH IS FORK TENDER AND BEGINNING TO BROWN. ADD CHOPPED KALE, STIRRING UNTIL SLIGHTLY WILTED. CHOP BACON INTO SMALL PIECES AND COMBINE. USE A SPOON TO MAKE FOUR POCKETS IN VEGETABLE HASH AND CRACK IN THE EGGS. ADD SALT AND PEPPER TO TASTE. IF USING A NON-STICK SKILLET, TURN HEAT TO MEDIUM LOW AND COVER UNTIL EGG WHITES ARE SET. IN CAST IRON SKILLET, BAKE EGGS IN THE OVEN AT 400 DEGREES UNTIL WHITES HAVE SET. GARNISH WITH GRATED PARMESAN CHEESE IF DESIRED. DEVOUR IMMEDIATELY.

PECULIAR PRODUCE



TOP ROW: PITAYA, POMELO, DURIAN,
MIDDLE ROW: GRANADILLA, PHYSALIS, GAI LAN
BOTTOM ROW: GUAVA, TOMATILLO, KUMQUAT

I MADE THE COVER!

Cucumis metuliferus, horned melon or kiwano, also African horned cucumber or melon, jelly melon, hedged gourd, melano, is an annual vine in the cucumber and melon family, Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". Ripe fruit has orange skin and lime green, jelly-like flesh with a refreshingly fruity taste, and texture similar to a passionfruit or pomegranate.

C. metuliferus is native to Sub-Saharan Africa. It is now grown in the United States, Portugal, Italy, Germany, Chile, Australia & New Zealand.



KICKASS COOKING METHOD

BLANCHING

4. FINISH WITH PREFERRED COOKING PROCESS
LIKE SAUTE, BOIL, ECT. STAYS BRIGHT!

1. BRING WATER TO ROLLING BOIL.

2. DROP CHOPPED VEGGIES (30 SECS), REMOVE.

4
S T E P
T E C H



3. PLACE PAR-COOKED PRODUCT IN
ICE/WATER BATH (60 SECS), REMOVE.

FALL

SUPERFOODS

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



01
LOTUS ROOT



02
PEARS



03
PERSIMMONS



04
CRANBERRIES



05
TURNIPS



06
RADICCHIO



07
SHALLOTS



08
CHICORY

GLOBAL GRUB

BY GINA KEATLEY



IRELAND

Stout, Stories and Seafood



With a name like Keatley you would assume I was covered in freckles with a mop of ginger hair, but I'm Irish by marriage and as Italian as can be. That being said, there is no reason this Sicilian can't get her "savory on" in this emerald island of culinary depth and history.

The Irish didn't seem to care where my family was from as long I would listen to their stories and eat their yummy seafood, cheese and massive breakfasts. I always love to get a breakfast buffet included in my stay when I travel, but in Ireland I might have bit off more than I could chew, literally.

Most mornings during my stay on the Emerald Isle featured some version of eggs, bacon, bangers (Irish for sausage), black and white puddings, made from blood, baked beans, bread and of course butter—Kerrygold and Abernethy are mandatory. So how is this country filled with leprechaun lovers not dead on the floor from massive heart attacks? With a menu so filled with saturated fats how are they balancing? Well, this island, just east of Montauk, is nothing like we have been told culinary wise. When I revealed to them what we as Americans thought about their cuisine, they looked shocked and replied in three words that sums up Ireland's menu pretty well: "Potatoes are seasonal." Yes, potatoes, like everything in Ireland is limited! Not only that, but the island is very regional as well.



Look, it's us!
Not life-size.





We began our delicious diaspora journey in Dublin, Ireland's largest city, which has a global fair-like feel. Gastronomic boom over the past decade has moved food at light speed in this urban area almost as fast as the internet brought new jobs and cultures. So, we decided to go old school in this new school arena and start at the Guinness Factory, a mandatory for all tourists. It's crazy touristy, yes, but it's also awesome! Located in the heart of the St. James's Gate Brewery, the Guinness Storehouse is Ireland's most popular tourist attraction. This mini vertical village is packed with restaurants, shops, super charming and vintage marketing art. You also get a great feel for the science behind beer, a tasting in mini 2-ounce form and a pint of your choice in the Gravity Bar, their version of a rooftop bar with 360° views across the city's evolving skyline. We paired our pint with a plated lunch on the 5th floor consisting of Guinness cured Irish salmon, pickled vegetables, horseradish and dill mayonnaise, Glin Valley chicken breast, green beans with a Wicklow mushroom sauce and finished with a Guinness chocolate mousse with hazelnut cream and fresh raspberries.

After a few days gorging on Dublin's eclectic cuisine we decided to venture out to see what else this yummy island was hiding. Once we hit the road (the tiniest, windiest roads) we headed to Killarney a town on the shores of Lough (Lake) Leane in the southwest—it is the beginning point on the Ring of Kerry with music filling the streets. The area is filled with real Irish pubs and charming little cafes. We stayed at Dan Linehan's Bar B&B Killarney, a family run bar in the heart of Killarney. Not only did this tiny modern hotel above a bar offer pints only feet away, it also included the classic Irish breakfast served by a charming little woman. It seemed like we had been transported back to middle school sleep overs where your friend's mom would wake you for breakfast by clinking and shuffling around the kitchen. She emerged with our meaty first meal of the day and we pour ourselves tiny glasses of OJ from the pantry bar, keeping us full for our trip to the nature lovers paradise of Connemara.

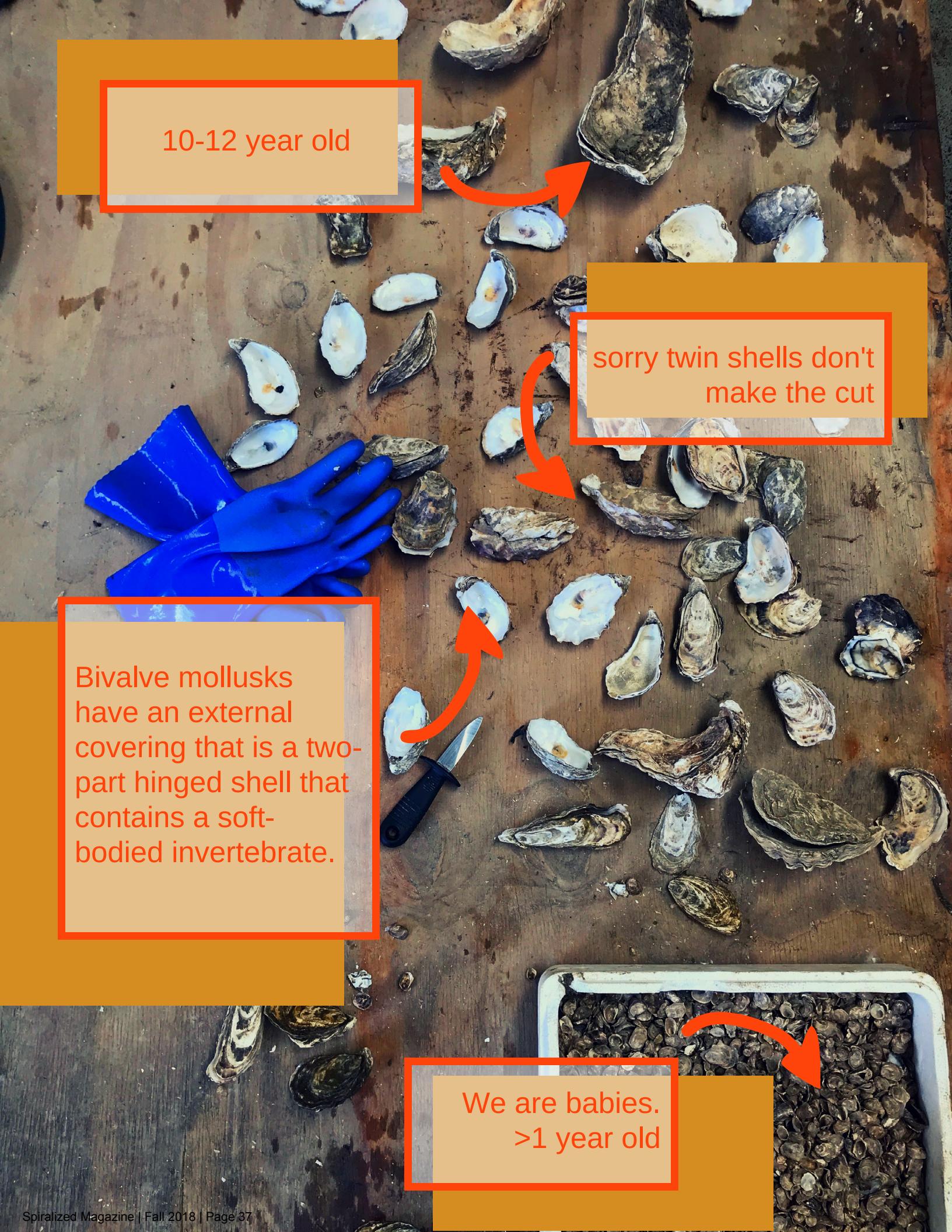
Now I am not sure why, but when I thought about Ireland I never ever thought about seafood, like ever! I was told they loved corned beef, cabbage and potatoes, a meal not so often served here. Seafood however is an everyday ingredient for them! From stews to open faced shrimp sandwiches, this island--which has the same latitude as Boston--was in love with crustaceans and they aren't afraid to say it. Well, now that I know they have been hiding underwater menus I had to get to the source and visit a local oyster bed.

I had a chance to visit and tour DK Connemara Oyster farm. This deceptively innovative farm run by owner David and Christine Keane and Dot, their 14-year-old dog.



Dot and the team lead a group of 10 over to the bay and we viewed the oyster beds. I can't tell you how fun it was to see these little guys in their natural habitat. The oysters enjoy a unique habitat in a sheltered bay, influenced and refreshed by the North Atlantic drift and other subsurface currents. During the tour you learned how oysters are grown over a three-year period from seed to plate. As part of the tour we tasted oysters fresh from the waters of Ballinakill Bay. These pacific oysters (*Crassostrea Gigas*), grown in the Atlantic, are available all year round. They are sold locally and regionally to restaurants and we even found them at the grocery stores across the island. We grabbed a dozen, to-go, to the dismay of our hotel maid.





10-12 year old

sorry twin shells don't
make the cut

Bivalve mollusks
have an external
covering that is a two-
part hinged shell that
contains a soft-
bodied invertebrate.

We are babies.
>1 year old



We packed the rest of our time in Ireland with a stay in a real castle--yeah, they let you do that--and visits to other homesteads across the island. Make sure to check Airbnb for some unique options. After traversing the length of this fabulous island, dining with locals, touching random sheep, munching cheese with mongers and of course, kissing the stone, we headed back to Dublin for our exit from this surprisingly magnificent culinary adventure.

MINDFUL EATING

work-life balance

We know this seems outrageously naive in this complicated field of weight loss and wellness, but, I say, savor the simplicity. What is simple, is sustainable.

1

HEAR WITH INTENTION

Listen to your body and order accordingly. If you feel a little hungrier, order up a larger meal; and if you aren't really hungry, allow yourself to have a smaller meal.

2

DON'T SKIP

Some people find it hard to eat breakfast, because they're "not hungry," but breakfast kickstarts your bodies metabolism, so don't skip - just go lighter. We often ignore our appetites, and the less we listen, the harder it is to get back on track for maintaining mindful eating in the future.

3

JUST BE

Being in the moment with your food has been shown to increase weight loss, improve blood glucose control, and reduce obesity-related health conditions.

MUST MUNCH: MUSHROOMS, MEATS & MATCHA

STAFF PICKS FROM THE FANCY FOOD SHOW



Being a food writer there are few things yummier than an invite to a small village full of food for you to taste. With over 200,000 products at this year's Fancy Food Show in New York City, it was a mouthful to say the least. This year was a bit different. Instead of walking the thousands of feet, weaving in and out of aisles (cheese over here, chocolates over there), I waited not so patiently at the office while my colleagues did the collecting. No, I have not become the evil one at the office--well sort of. I am eight and a half months pregnant.

So, I waited anticipating my sample delivery. At 6pm an exhausted intern arrived with my hoards. They tossed them on the table while myself and a small group of tasters ripped in like hungry vultures. It looked like an adult Halloween with gourmet treats—all without the treat or treat work. I smiled evilly.

Here are our thoughts:

They are calling it vegan bacon.
Weird but tasty!



WHAT'S TRENDING?

If you're not drinking matcha, scarfing down mushroom jerky, or enjoying artisan dried meats you're missing the boat for 2018-2019 food trends.



UPCYCLED FOODS

01

RIND SNACKS, SKIN-ON SUPERFRUIT SNACKS, USING THE WHOLE FRUIT

rindsnacks.com

02

RISE PRODUCTS, WHOLE BARLEY SUPER FLOUR, STONE GROUND WHOLE BARLEY FLOUR HAND MADE FROM UPCYCLED GRAIN

riseproducts.co

MUST MUNCH:
MUSHROOMS, MEATS
& MATCHA

03

WILLIWAW FOODS,
SALMON SKIN CRACKLETS, MADE FROM THE SKINS OF SALMON FROM THE WATERS OF PATAGONIA

williwawfoods.com



04

BROOKLYN CURED, MAKE SMALL-BATCH CHARCUTERIE USING SUSTAINABLE MEAT AND FINE-DINING TECHNIQUE.

brooklyncured.com

FLAVORS OF AFRICA

- 01** AHARA RASA, NITER KIBBEH - ETHIOPIAN SPICED GHEE

iloveghee.com

- 02** AYOBAYO, SOUTH AFRICAN-STYLE BILTONG, A DRIED, CURED MEAT THAT ORIGINATED IN BOTSWANA, SOUTH AFRICA, ZIMBABWE, AND NAMIBIA.

ayoba-yo.com

- 03** MANITOU TRADING COMPANY, SENEGALESE FONIO PILAF, FONIO WITH A YASSA SPICE BLEND

woodlandfoods.com



- 04** SAVORY WILD BRAND PORTABELLA MUSHROOM JERKY: ROASTED GARLIC & BLACK PEPPER, SWEET BALSAMIC & GOLDEN FIG, AND SESAME, GINGER & KOREAN CHILI.

giorgiofresh.com

SPARKLING BEVERAGES

- 01** TÖST, DRY SPARKLING BEVERAGE. TÖST IS A SPARKLING BEVERAGE THAT PROVIDES THE CELEBRATORY AIR OF CHAMPAGNE WITHOUT THE ALCOHOL.

tostbeverages.com

- 02** CASKAI, SPARKLING CASCARA INFUSION

caskai.com

- 03** KIMINO DRINKS, SPARKLING YUZU

kiminodrinks.com

- 04** JAX COCO, SPARKLING COCONUT WATERS. FROM THE VOLCANIC REGIONS OF THE PHILIPPINES IT IS PACKAGED IN CHIC, STYLISH GLASS BOTTLES.

jaxcoco.com



**MATCHA IS
FINELY
GROUND
POWDER OF
SPECIALLY
GROWN
AND
PROCESSED
GREEN TEA
LEAVES.**



SWEET POTATOES ARE LOADED WITH ANTIOXIDANTS THAT VARY DEPENDING ON THE TYPE OF SWEET POTATO IN QUESTION. THEY'RE AVAILABLE IN ORANGE, PINK, RED, YELLOW AND PURPLE VARIETIES. THE MOST COMMON ARE THE ORANGE ONES.

BRIGHT ORANGE COLOR IS INDICATIVE OF THE PRESENCE OF A BIOACTIVE COMPOUND CALLED B-CAROTENE. B-CAROTENE IS A PRECURSOR TO VITAMIN A AND IS LINKED TO A REDUCED RISK OF CERTAIN KINDS OF CANCER AND MACULAR DEGENERATION. EATING JUST ONE ORANGE SWEET POTATO EXCEEDS THE RDA FOR VITAMIN A. NOT TOO SHABBY FOR A POTATO, EH?



BY: ANSLEY HILL, RD, LD



NEXT NOSH

BY JAMES WILLIAMS



PRODUCTS ARRIVING FALL 2018

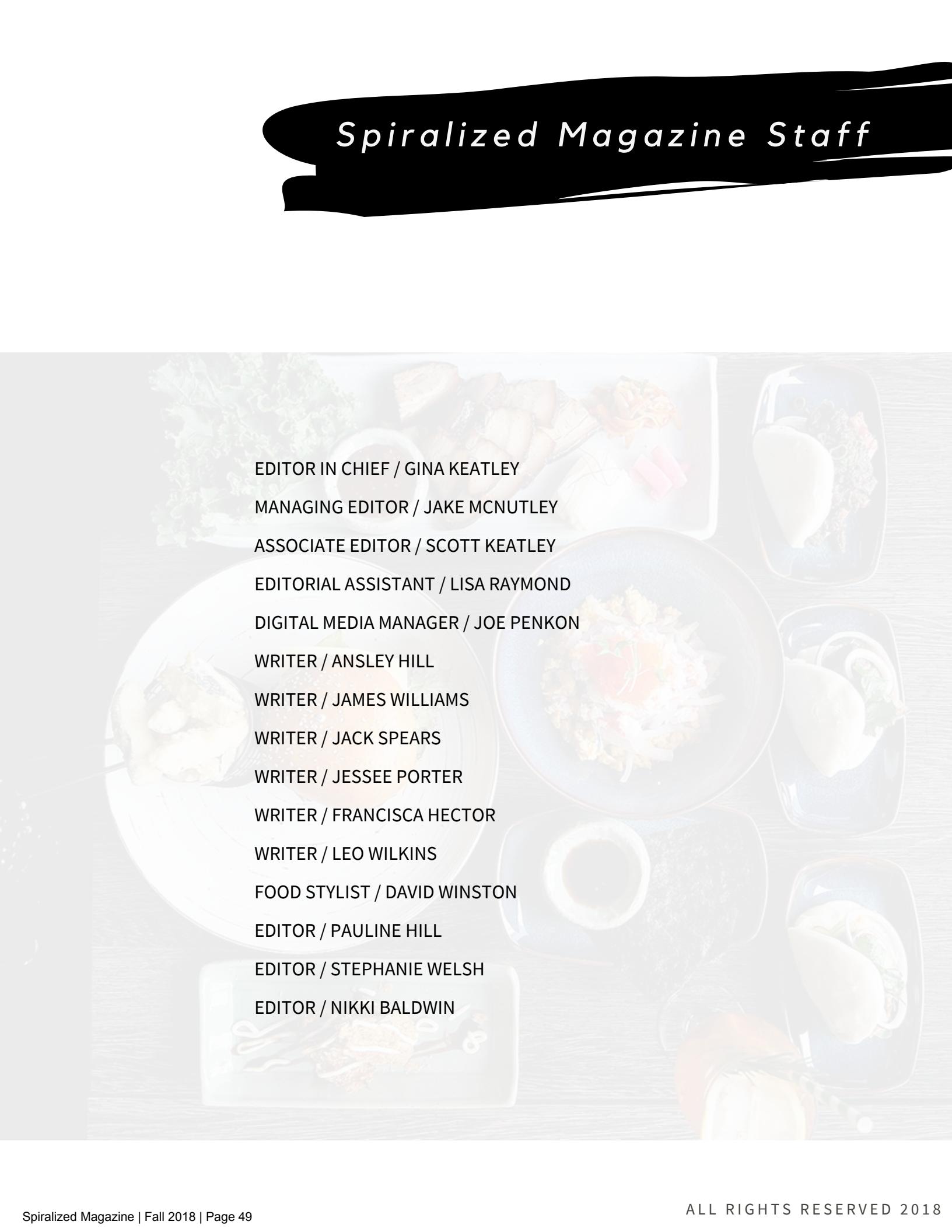
Introducing Açai Bowls from DOLE, a frozen açai blend topped with tangy fruit and crunchy granola. Their tropical variety starts with a blend of açai, bananas, honey, and dragon fruit. It's topped off with kiwi, mango, honey oat granola, and coconut for a light and refreshing snack that's only 220 calories.

dolesunshine.com



↑ P-nuff Crunch is the only baked puff snack made from heart-healthy and protein-filled peanuts, fiber-full navy beans, and slow digesting complex carbohydrate rice. P-nuff Crunch is made from only natural ingredients.
pnuff.com

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