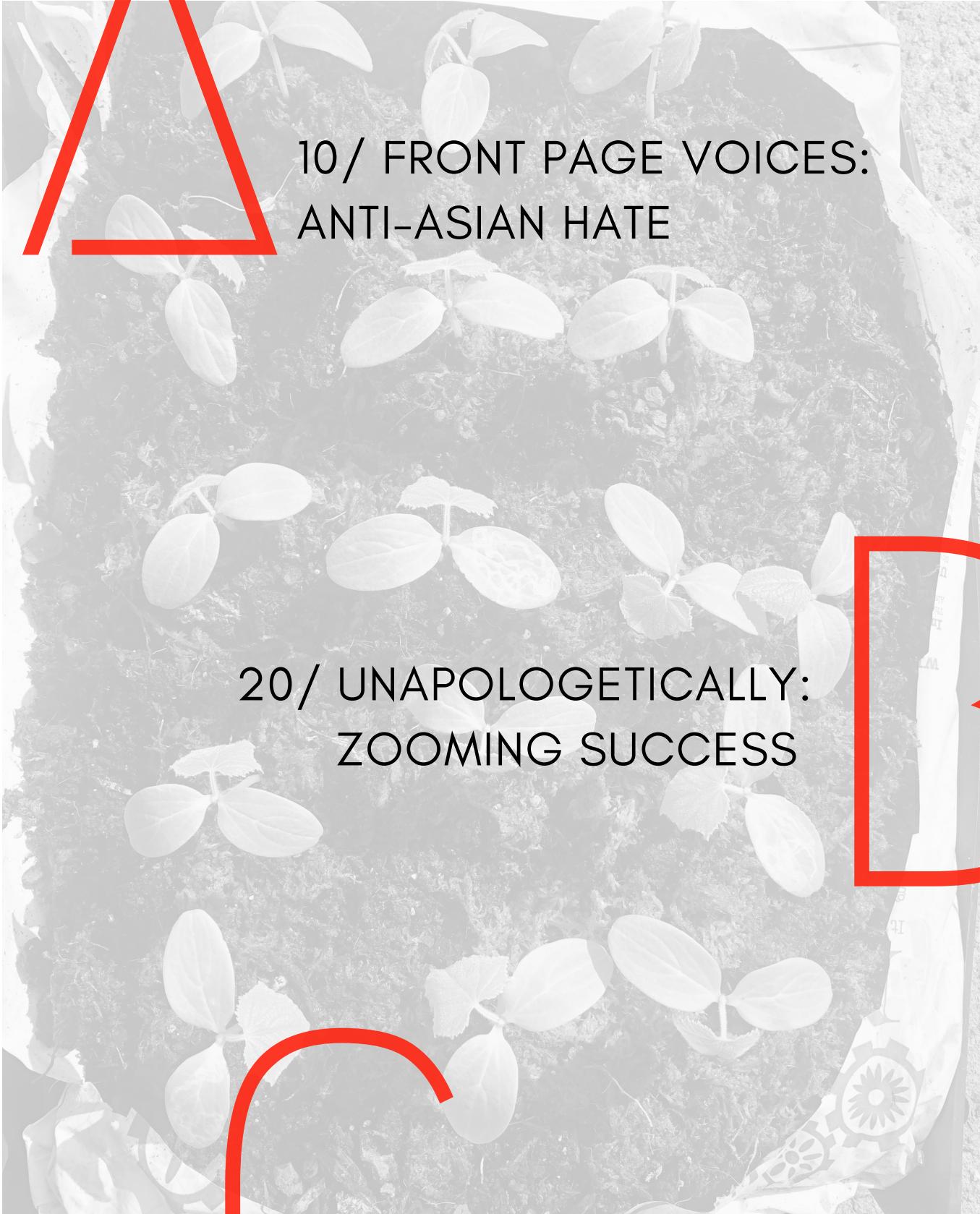


FRONT PAGE VOICES:
ANTI-ASIAN HATE

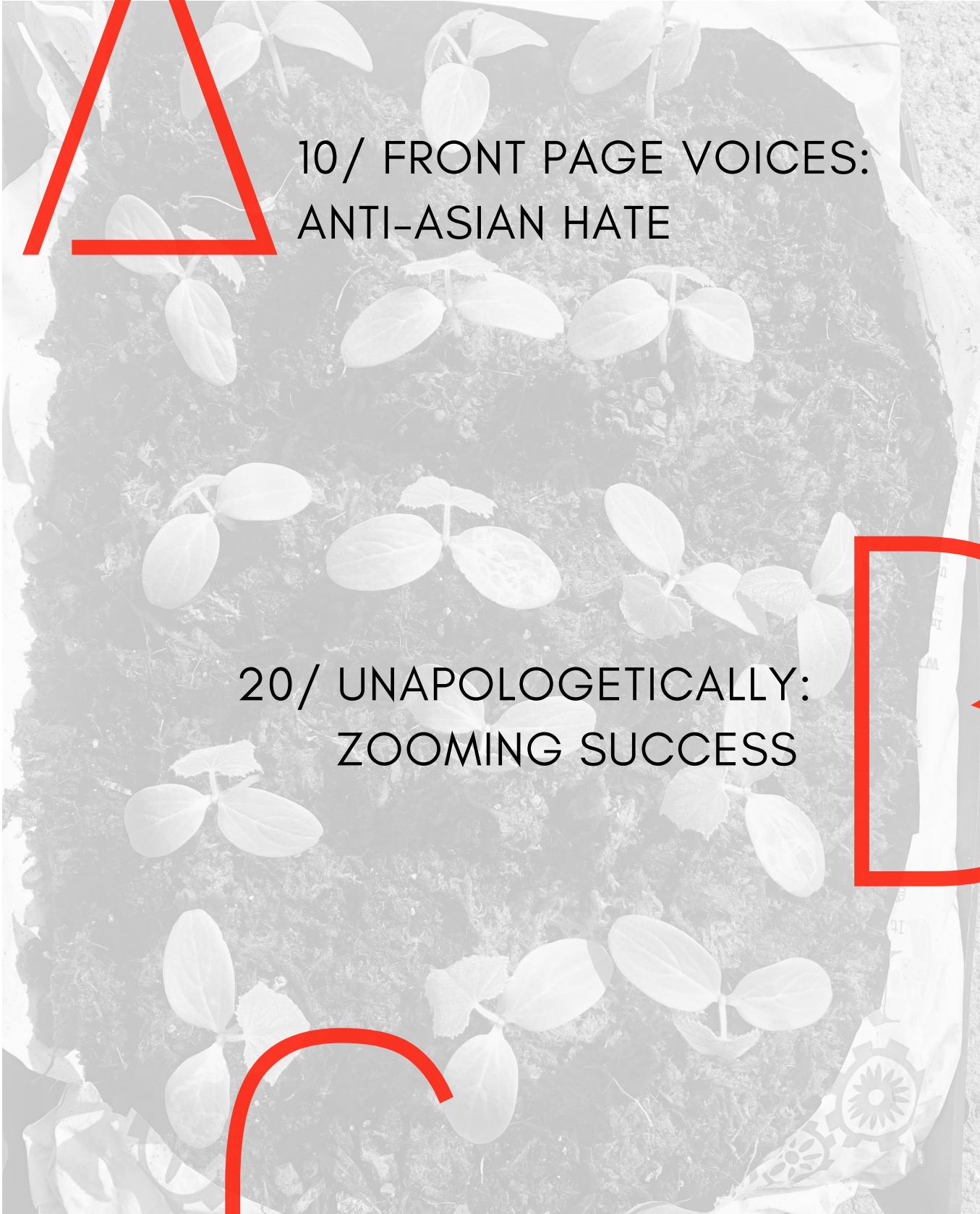
UNAPOLOGETICALLY:
ZOOMING SUCCESS

LOSING IT:
COVID 15 FIXES

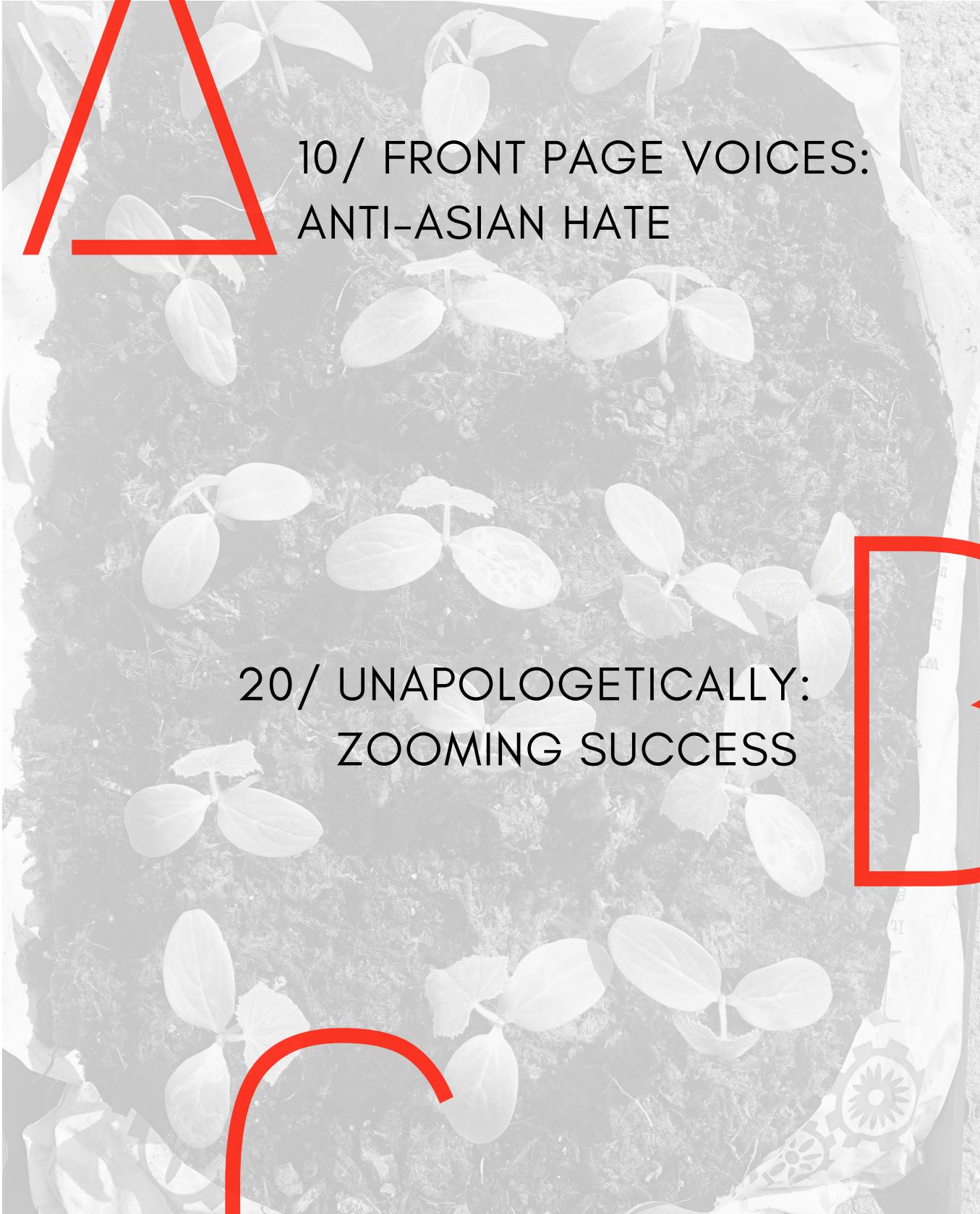




10/ FRONT PAGE VOICES:
ANTI-ASIAN HATE



20/ UNAPOLOGETICALLY:
ZOOMING SUCCESS

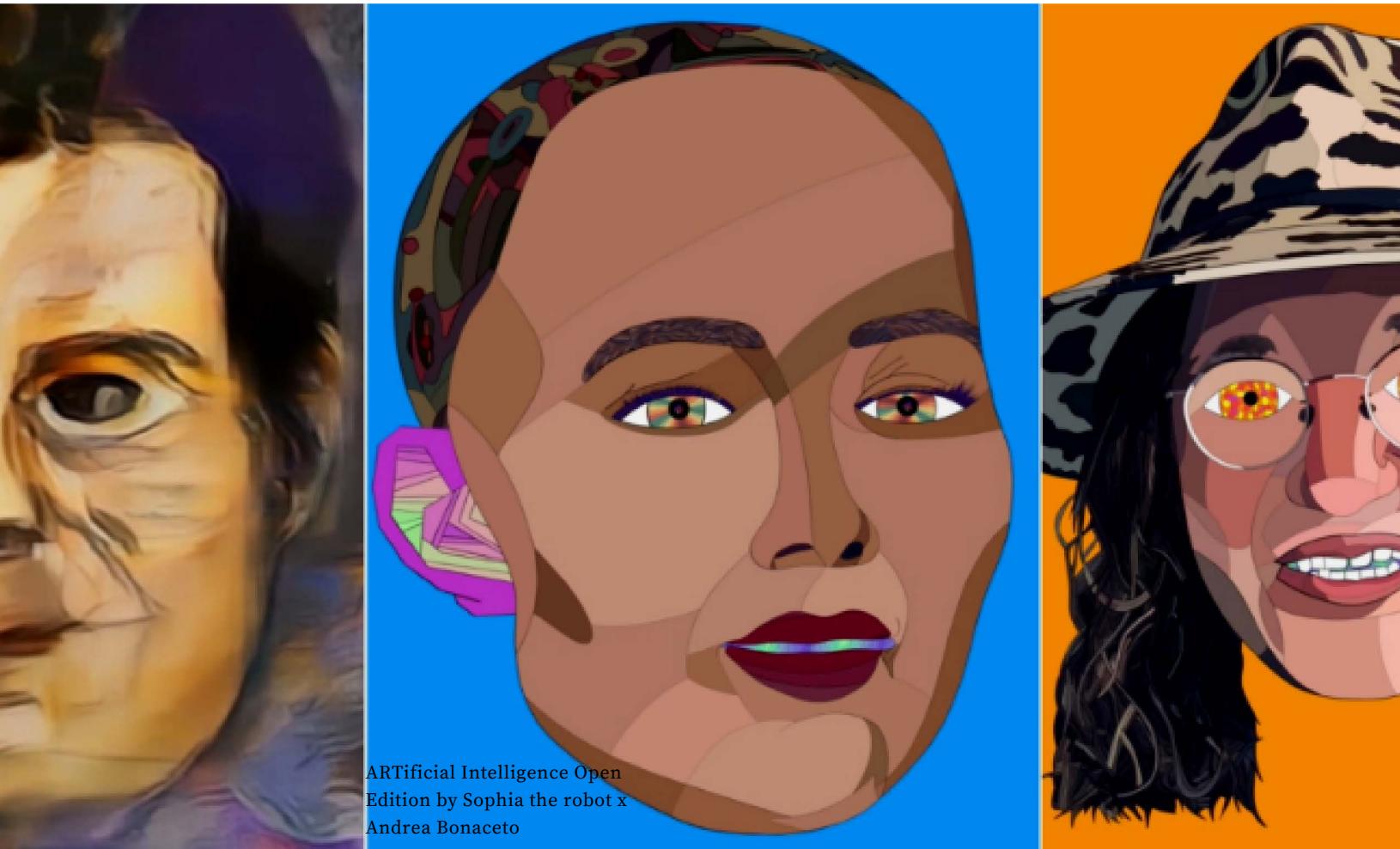


38/ LOSING IT:
COVID 15 FIXES

WELCOME SPRING!

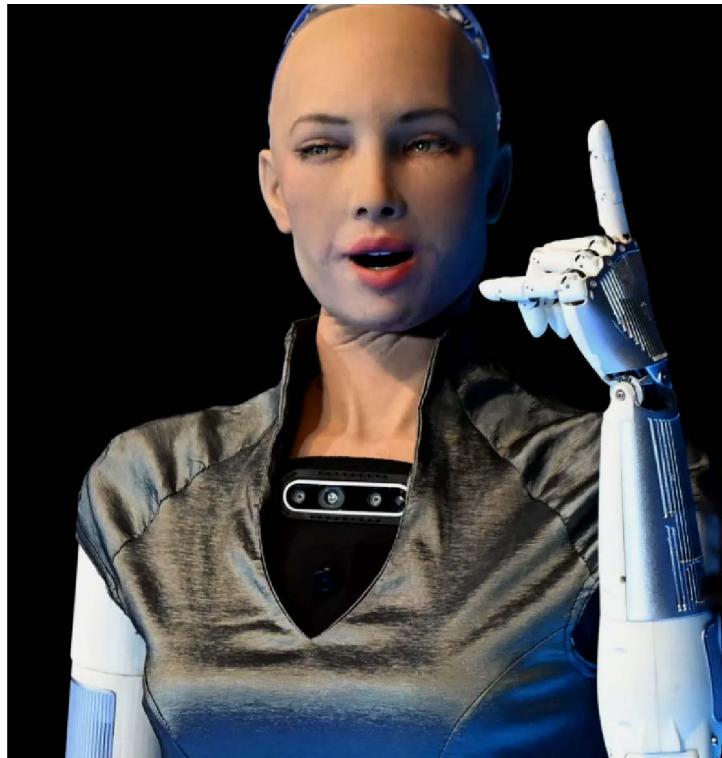
C A N I L E A V E M Y H O U S E Y E T ?





MACHINE LEARNING ARTIST?

Is AI created art really a work of art? I mean, if you've seen some of the paintings by humanoid robot Sophia and the price she commands for that art, you might say yes. We have to admit, there is something appealing about her work. It may not be your specific taste but I'm sure they are making a robot for that! Let's be honest: she isn't really an artist--she creates unique items--but the real artist has to be the creator of the robot and the programer.



BY PAUL JENKINS

art

/ärt/

noun

the expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.

The value of the art almost certainly comes from the novelty of the creation and the blockchain that keeps it unique, but as we've seen with AI created "muzak" it seriously loses value over time.

But there is something about the first--just ask the guy who dropped \$2.5 million on Jack Dorsey's first tweet on the Twitter platform!



MACHINE LEARNING ARTIST?

GO WILD

GET CHILL

BREAKFAST WITH A SLOTH

EXPLORING BETA
AMAZON EXPERIENCES

The screenshot shows a mobile application interface. At the top, there are two buttons: "GO WILD" on the left and "GET CHILL" on the right. Below these are two large, stylized words: "BREAKFAST" and "WITH A SLOTH". Underneath the title, the text "EXPLORING BETA AMAZON EXPERIENCES" is displayed. On the left side of the screen, there is a large teal arrow pointing to the right, containing the text "Central America" and "Get up-close with wild animals in Costa Rica at the Toucan Rescue Ranch". Below this text are two blue buttons: "Put it on your calendar" with a calendar icon and "Check your system audio" with a speaker icon. At the bottom of the screen, the text "How do I launch my session?" is visible. In the top right corner of the app's interface, there is a timer with fields for "HRS", "MIN", and "SEC". To the right of the app interface, there is a photograph of a three-toed sloth hanging upside down from a branch.

Get up-close with wild animals in Costa Rica at the Toucan Rescue Ranch
By Tasty Bytes Team



Here at Tasty Bytes Magazine we are always looking for interesting ways to start our pre-coding day. So, when we saw you can travel to Costa Rica before bagels are served we clicked and purchased our way to adventure. Amazon Explore is a new service that connects you to interactive virtual experiences around the world. Experiences are livestreamed from a host in a different location, allowing you to see, hear, and talk about everything as it happens in real time.



We went with Get Up-Close with Sloths and Monkeys at the Toucan Ranch in Costa Rica Tour and as always this is not sponsored--we just need more sloths in our lives and think you might too!

At 7am we digitally met Shannon our guide at The Toucan Rescue Ranch. Their mission is to rescue, rehabilitate, and release Costa Rican wildlife.

She was a young, tech-savvy tour guide with a dedication to conservation that tossed us right in to our tour.

TOUCANRESCUERANCH.ORG



We learned all about the tons of animals living at the center. They really try and get most of the residents from rehab back in to the trees, if possible, and there are a lot more then just sloths there. Shannon showed us each creature one by one just like we were with her side-by-side walking the ranch. We even peeked at some spectacled owls, a large tropical owl native to the neotropics.

The highlight, of course, is the sloths and sloth babies hanging in the rehab nursery, literally. Just like us she didn't touch or handle them but she did get her phone camera right up close so we got first hand VIP sloth action. After a year of endless work Zoom meetings with cameras-off co-workers (you know who you are) this is finally an adorable digital meeting totally worth attending.

#BACKINTHETREES

STUFF WE LEARNED & LIKED

Saving sloths is great but picking them up is a no-no. Regardless of all those viral videos you should not handle a sloth. Their bites are deep, painful and easily prone to infections.

O1

It is possible now to see sloths in just your Pjs while sipping hot cinnamon dusted Nespresso cappuccino. Finally 2021 is bringing the goods.

O2

While Costa Rican sloths are not yet endangered, they are IN danger and need our help before it's too late.

O3

These virtual tours are kinda like being there and the audio and video is good-ish.

O4

Sloths only poop once a week. It's gross and true!

O5

You can still support these rescues even if you can't make it there in person. Our fee went to helping feed, care and rehab these cuties.

O6

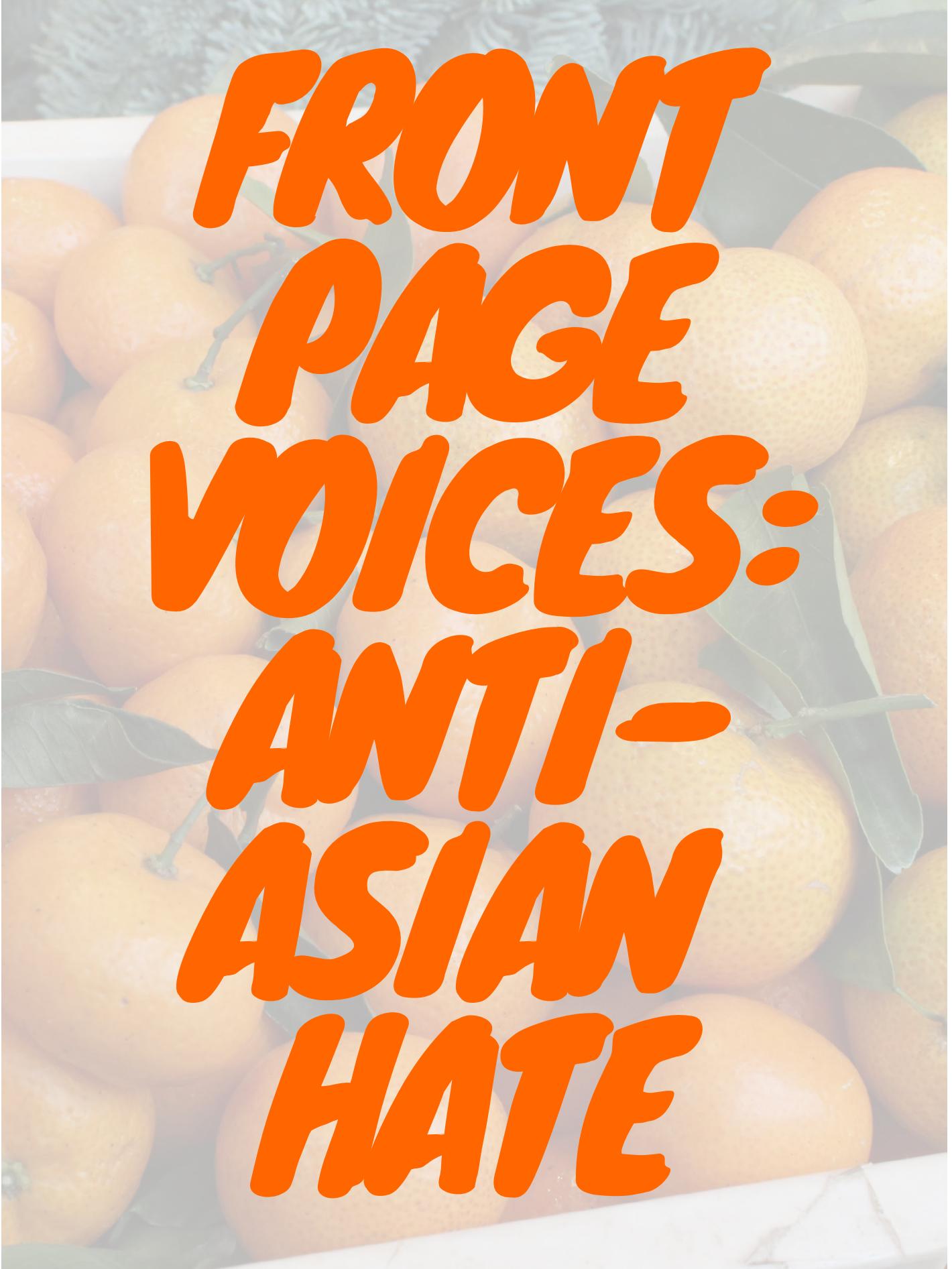
The female sloth may remain pregnant for up to 11.5 months. Talk about working moms!



HISTORICALLY, SLOTHS HAVE BEEN A HIGHLY SUCCESSFUL ARBOREAL SPECIES. HOWEVER, GROWING HUMAN INTERACTIONS AND DEVELOPMENT IN COSTA RICA HAVE MADE IT DIFFICULT FOR THEM TO THRIVE.



BREAKFAST WITH A SLOTH



FRONT PAGE VOICES: ANTI- ASIAN HATE

Q&A



Frank Wu
**President, Queens College - City
University of New York**

Activist. Academic. Leader.

Communities from all over the United States are coming together in order to stand up against hate towards Asian American and Pacific Islander communities. In our backyard, New York City, the Tasty Bytes Staff has witnessed numerous acts of hate and we want to use our platform to highlight diverse and educated voices related to this subject. We invited Frank Wu and Joe DiStefano, of Queens, to discuss how we all can help, regardless of our background, with awareness, advocacy and action.

Q. Can you tell us about yourself, Queens College, and the Tech Incubator at Queens College as well as its role in the community?

A. I'm like our students. My parents came to the US in the 1960s. I was born here, and I grew up in Detroit, the "Motor City." I am a New Yorker at heart; I just had to find my way to the city. I wanted to serve as President of Queens College because of the diversity of the borough and our abiding belief in higher education as the engine of the American Dream. We're a civic institution. Our role is all the more important as we emerge from the pandemic. Our students, alumni, faculty, and staff contribute to the community every day, big and small.

The Tech Incubator is a great example. This is what people want: the opportunity to advance themselves, through skills and support. Entrepreneurial spirit is what will bring us back, just like after the 1970s recession, 9/11, and Superstorm Sandy.

Q. Why do you feel it is important to move beyond hashtags and provide in-person or visible support?

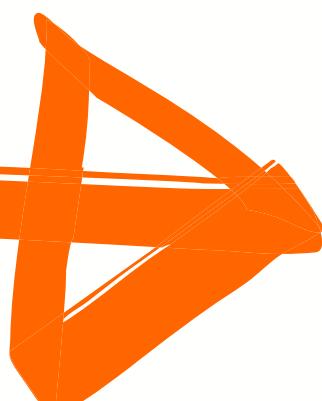
We have great ideals. The challenge is not our principles. The challenge is putting them into practice. Rhetoric can change reality, but rhetoric that fails to do so is worthless and worse — it creates aspirations that will not be achieved.

Q. It's been over 15 years since you wrote your book *Yellow: Race in America Beyond Black and White*. Are there any lessons both Asian and non-Asian readers can get from this? Have you seen any strides forward that make you feel proud?

A. *Yellow: Race in America Beyond Black and White* is about how race is more than black and white, literally and figuratively. I'd like to bring us all into the picture, constructively and not destructively, to help the struggle for Black equality and not harm it. That includes recognizing the range of prejudice and inequity, from name calling to open discrimination to subtle bias. We have made progress. We continue to do so. I would not be where I am if it were not for barriers coming down and the example set by my predecessors. I see such change everywhere — Queens, for example, has become Asian in a wonderful American way that you could not find even in Asia.

Q. What can everyone do to support the Asian community?

A. Stand up and speak out. Build bridges.



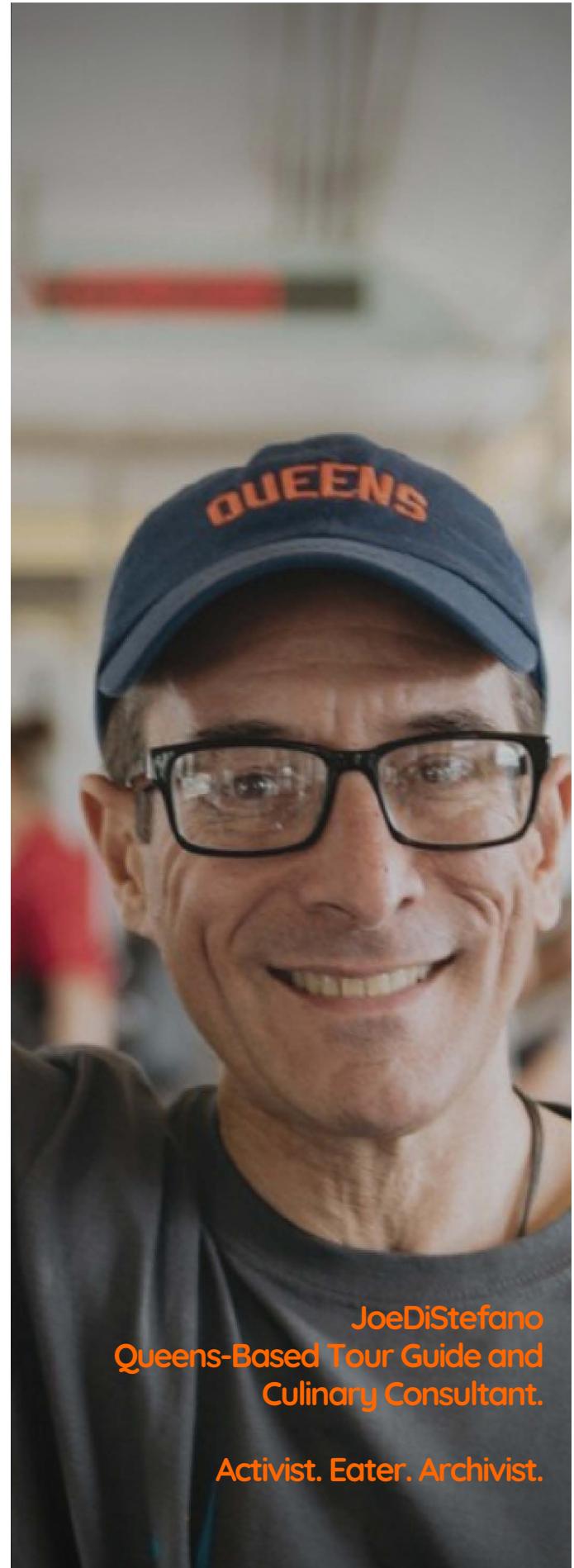


***THE ISSUES
ASIANS AND
ASIAN
AMERICANS
FACE ARE NOT
NEW, BUT THE
AWARENESS IS.***

-Frank Wu

Q. Can you tell us how you think non-Asian advocates and supports can help the community during this time?

As someone who's worked in and among Asian communities throughout New York City, it's very easy for me to think, "I live in such a diverse community, violence against AAPI people doesn't happen here." But it does, and I lack perspective so the best thing I can do is to start where I am. That means dining at local Asian restaurants and tipping lavishly in cash, something I've been doing since a combination of COVID-19 and racism have decimated the myriad Asian restaurant communities of Queens. Attend a rally, raise your voice, if you are fortunate to have a platform use it. Lastly donate to fundraisers like Jannell Lo's #DumpTheHate campaign. The virtual fundraiser invites participants to make 50+ dumplings to sell to close friends and family within their COVID bubbles and donate the proceeds to organizations supporting the Asian community (Lo has recommendations on her website).



**JoeDiStefano
Queens-Based Tour Guide and Culinary Consultant.**

Activist. Eater. Archivist.

FRANKENFOODS OR EVOLUTIONARY INVENTIONS?



BY HILLARY ZHANG

You've probably had at least one veggie burger in your life, but if not, you're not missing out; the ingredients get monotonous after a while. Have no fear though, synthetic biologists have conjured up a solution to the generic veggie patty. They've introduced biotechnologically produced proteins that replicate the performance of actual animal-based products - with the promise of ethicality and sustainability.

Synthetic biology is a 2.0 version of genetic engineering that constructs new artificial DNA and performs molecular surgery to create an existing or a totally new product. It doesn't stop at the food production level, but goes beyond to biopharma, cosmetics, and other interdisciplinary fields. It is a burgeoning science, so companies are utilizing this fascinating technology to make advancements in the food industry.

Lab-grown meat is all the buzz as of late and it's clear why. For the longest time, plant-based consumers were looking for a meat alternative that was as close to meat as possible. Time and time again, disappointment would prevail: the texture ranging from vegetable mush to dry cardboard. Now, scientific innovation has done it again, from Beyond Meat to Impossible Foods where the products resemble meat through its texture, performance and flavor. Apart from the products dissemination to the public, they've also sparked competition with major food companies, such as Tyson and Nestlé.

Specific or task-oriented fitness is a person's ability to perform in a specific activity with a reasonable efficiency: for example, sports or military service. Specific training prepares athletes to perform well in their sports.





Growth isn't just happening in the meat department. Another sector on the rise is plant-based dairy and egg alternatives. Companies are using synthetic biology to replicate the same mouth feel of dairy ice cream and cheese, as well as eggs. Clara Foods is a startup working on perfecting chicken-less egg proteins. Real Vegan Cheese is a nonprofit group that is dedicated to producing cheese through yeast optimization. The creativity of these startups is truly evolutionary.

These company's persuasive selling points and creative marketing has brought them to the forefront of the public eye. Plant-based meat sales saw a 264% surge ending May 2, 2020; major contributors are plant-based consumers concerned about animal welfare and environmental preservation. The public's concerns are the company's driving force to maximize on profit, as well as their mission to be pioneers of the future of plant-based foods.

Is there a downside? The thought of consuming food designed and produced in a laboratory is unsettling for some. Food production that doesn't harm the environment, has sustainability in mind and is ethically produced sounds fantastic, but seems too good to be true. It's not the most cost-effective or budget-friendly product either, considering the target audience is much wealthier. It cost Finless Foods \$4000 to make a pound of tuna! Imagine how much it would cost on supermarket shelves. There have been claims of these lab-derived foods as being unhealthy for consumption. Since it is a highly processed industrialized product, health impact may be an area worth looking into. The ambiguity and lack of transparency to the public about the company's process conjures up skepticism. Are they all that they claim to be? Quite frankly, it's hard to tell. However, it is a relatively new concept where more research needs to be done.



What can we expect in the future? A plethora of startups are emerging with innovative and competitive ideas. More and more companies are investing, and the trend seems to be on an upward slope. The potential of synthetic biology to revolutionize our food is there, but the success of it is unpredictable. Time will tell how these companies will fair, but inevitably: synthetic biology is the future of food. With the impacts of climate change more apparent and as more and more people transition to plant-based diets, synthetically bioengineered food seems to be the new norm.

COMPANIES/STARTUPS TO WATCH OUT FOR:

01

NEW WAVE FOODS: PLANT
BASED SHRIMP DERIVED FROM
ALGAE

02

AMAI PROTEINS: USES THE AI-
CPD METHOD ALONGSIDE
FERMENTATION TO PRODUCE
SWEET PROTEINS THAT DON'T
TRIGGER THE INSULIN RESPONSE
UPON CONSUMPTION

03

FINLESS FOODS: DEDICATED TO
SAVING OUR OCEANS WITH LAB-
CULTURED FISH THROUGH THE
USE OF CELLULAR BIOLOGY

04

PERFECT DAY: BY ADDING
ESSENTIAL GENES OF MILK TO
MICROFLORA AND THEN
FERMENTING IT, MILK PROTEINS
ARE PRODUCED. THESE
PROTEINS ARE THEN USED TO
MAKE ANIMAL-FREE DAIRY
PRODUCTS



UNAPOLOGETICALLY ZOOMING SUCCESS:



**Q & A WITH
RONI MAZUMDAR
AND EXECUTIVE CHEF
CHINTAN PANDYA.**

ZOOMING GOOD FOOD

From computer to table.





Q. Chef Chintan, can you tell us how you got here? What was the path to Rahi, Adda and now Dhamaka?

A. I've been in this country for last seven years. So, I've been here since 2013 and started as chef at Rahi. I trained in Singapore for 4 years before that. And before that I was in Mumbai, India.

Q. Roni, what got you guys excited about starting restaurants in NYC, one of the most difficult places to start a new business let alone one with so much competition?

A. The Indian food available in the city had become too generic. What I mean by generic is, like think of Thai food. What is red curry, green curry, or yellow curry? Nobody's having that in Thailand. What is General Tso's chicken? So, same thing was happening to Indian food where, us as Indians were desperately trying to make a product that we were hoping at some point the general population of America is going to accept, but in the process we were actually alienating our audience.

Q. Is this where the idea of unapologetic foods comes from?

A. Yes, it is what we realized; we should be as unapologetically ourselves as we can. For food, that means if it's meant to be spicy, it will be. If fish is supposed to be served with the bone, it is supposed to be like that. And that's something that chef Chintan took a very big personal leap on to make sure that we can go in that direction.

A photograph of two men in a bar. The man on the left is wearing a colorful baseball cap with 'FREAKSHOW' on it, a dark blue zip-up sweater, and jeans. He has his arm around the man on the right. The man on the right is wearing a blue cable-knit sweater over a red and black striped scarf and jeans. They are both smiling. In the background, there's a wooden bar counter with several wine glasses hanging upside down above it.

**UNAPOLOGETIC
&
AUTHENTIC**



Q. Well, lots of people plan on starting restaurants, but you guys have just opened #4. What made you guys different from other organizations that didn't make it?

A. Plain and simple, we were not afraid of failure. We know failure is part of the business and you have to embrace it; keep on failing, keep on failing, keep on failing. And then one fine day something works out. Successes do not go around failure; successes go through failure.

Q. You guys are crazy inspirational but where can we find your restaurants?

A. We have 4 restaurants in the area:

Adda Indian Canteen, is casual homestyle Indian in Long Island City. **Rahi** is artisanal Indian cuisine in Greenwich Village. **Masalawala** is Indian street food in the Bowery. And **Dhamaka** is our newest addition. It is an Indian grill located in the heart of the Essex Market. Dhamaka is our current favorite, but they're all really good!

TECH 2 TABLE

BY LISA KRAMER



Being a farmers market fan I have always supported getting your hands dirty, growing locally and knowing where that food came from. To me bringing the source of your food directly to your home has become even more important in this extraordinary year. With some time to reflect many of us have reevaluated the value of sustainability in our food supply chain.

Luckily for us farmers are now connecting folks with farm fresh food are out there, online and here are my picks to go from tech 2 table today. So if your local farmers market is not operational just yet here are some great options at your keyboard fingertips.

MILKRUN™



Salmonberry
delivers.

**Nº1
SONS**

- Milkrun is a site offering a curation of local farm and fresh made foods to the Northwest. Julia Niiro started Milkrun outside of Portland Oregon, in 2017 with the idea of building a platform for farmers to sell directly to you and me. It seemed delivering the food efficiently directly to consumers was the challenge farmers were facing. So Milkrun coordinates the delivery from local farms right to homes to solve that problem. Niiro said, in a May interview, Milkrun has seen an 11X growth in 6 weeks.

localmilkrun.com

- Worthy Flavors is serving 27 different states mostly in the east. They pivoted from being a national produce seller to retailers and big-box stores to curating boxes selling directly to consumers.

worthyflavors.com

- Salmonberry delivers some drool worthy goods to the Seattle area while Local Roots NYC is proud to source from over 30 different farms and food purveyors within a 5-hour radius of New York City.

salmonberrygoods.com

- No. 1 Sons, a purveyor of pickled and fermented foods in the DC area has The Pickle Van for home deliveries of produce and foods from several local farms to DC, northern Virginia and Maryland residents.

number1sons.com

Let's go on
an adventure

SAUCE INGREDIENTS: WATER, TOMATO PASTE, VINEGAR, FOOD STARCH-MODIFIED, LESS THAN 2% OF: CHILI PEPPER, SPICES, SUGAR, NATURAL FLAVORS, POTASSIUM CHLORIDE, MALTODEXTRIN, YEAST EXTRACT, SALT, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES). CONTAINS SOYBEANS.



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VEGAN-FRIENDLY INTERN PICK!

TACO BELL ADDING VEGAN MEAT

While Taco Bell has always been a go-to spot for vegetarians, even meat-loving fans crave an iconic Black Bean Crunchwrap Supreme, a classic Cheese Quesadilla, or a flavorful Black Bean Chalupa.

These items, along with tons of other veggie options, can be found on the Veggie Cravings Menu online and in the app, or by using the Veggie Mode toggle on our in-restaurant kiosks.



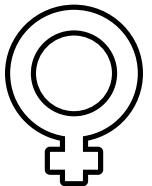
Star Anise Foods a San Francisco, California-based, woman-owned all-natural dry foods company, focuses on bringing Vietnamese food to the U.S. and EU markets.

WOMEN-OWNED INTERN PICK!

STAR ANISE FOODS

staranisefoods.com

These are easy office eats!



By Gina Keatley

UNPLUGGED GLOBAL GRUB: NYC COVID '19



With the world on lockdown, it can be just a bit challenging writing an Unplugged “Global” Grub. Luckily, I live in NYC and if you can make it here, you can make it anywhere and that includes when nobody is here. The city has been astonishingly empty. Some residents fled to the Hamptons or Florida, but I chose to stay and this is a tiny peek of how I endured.

Let's start at the top. One of the first places to reopen was The Edge in midtown Manhattan. The Edge is the highest outdoor sky deck in the Western Hemisphere located at Hudson Yards. It has an edge, you get that from the name. It also hovers in mid-air and gave me some much-needed feelings of freedom. It had great views and socially distanced humans as well. What better place to grab a glass of champagne to toast the coming of spring and reopening of the world?



How did I get there you ask? Subway? Taxi? No, I became one of those horrible electric scooter people. Yes, with the subways iffy I chose to embrace the post-apocalyptic look of helmet, mask, gloves—scooter elegance—as I roamed the traffic free streets of Manhattan. These are a bit dangerous but with the right equipment and bike lanes it is do-able.

On from views to chews. The outdoor dining situation in the city is difficult. This isn't Miami--it's like 40 degrees out here. No better time for Nabe. What is it and where do I get it you ask? Well, it's really called Nabemono and it's a variety of Japanese hot pot dishes, also known as one pot dishes and "things in a pot". It gets cold in Japan and this unique and delish style of eating keeps your meal piping hot with some extra heat to warm you as well. The East Village has several good choices including Kimura. They have been serving authentic Japanese hot pot and sushi on Saint Marks Place in the East Village since 1985. You can choose from a few classics: Hakata Motsu (that includes beef intestine) or Collagen Nabe (that includes pig collagen), wolfberry and more. But I went with the Kurobuta..



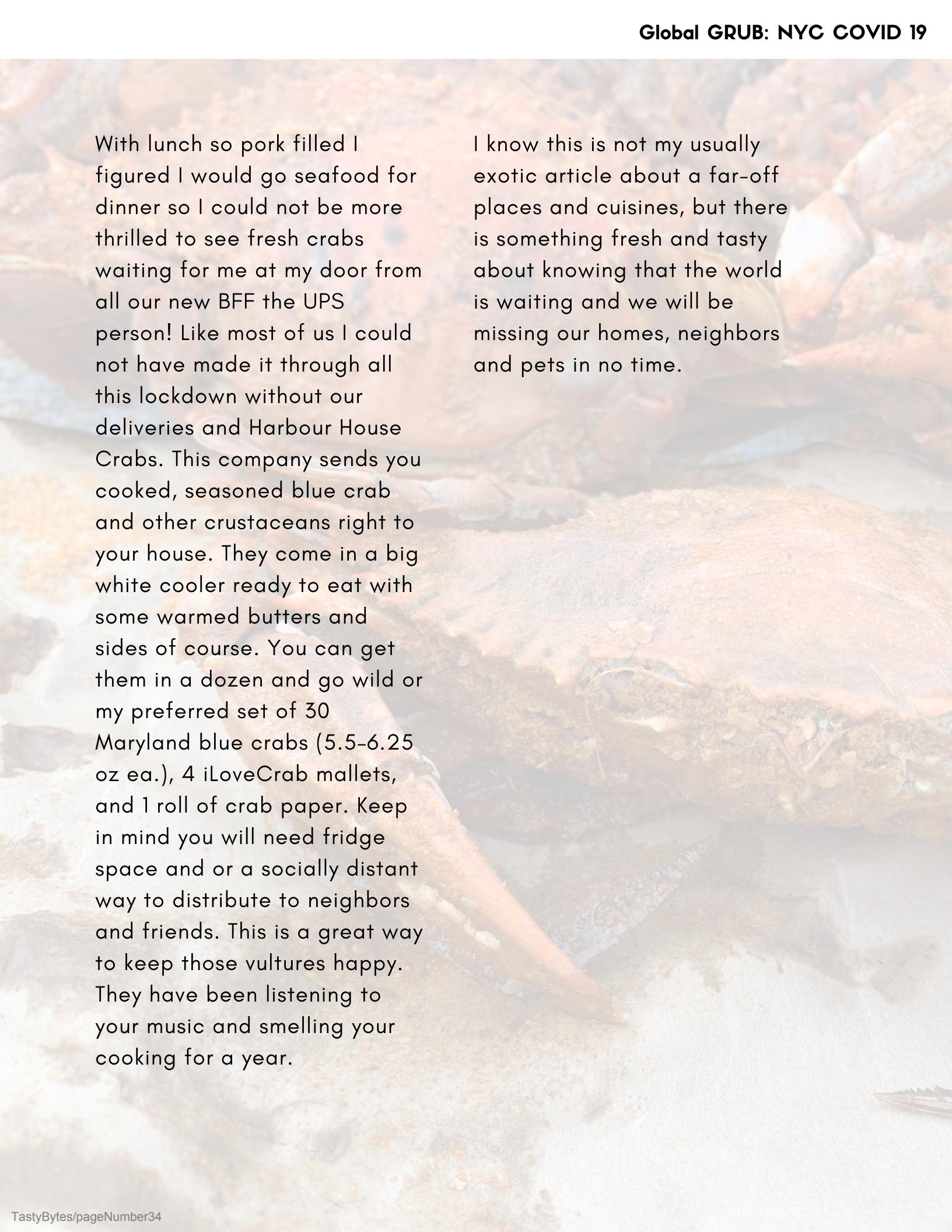
My pot included Japanese Kurobuta pork belly, cabbage, soy sprouts, sesame, chili, chives, tofu and burdock. Burdock is a vegetable native to Northern Asia though it now grows in the United States. FYI, Burdock may cause an allergic reaction in people who are sensitive to the asteraceae/compositae family.

How it works is this: the waiter brings you a heater and a pile of raw meat and vegetables in a pot along with some tools for eating, chopsticks, etc. They fire it up and they come back every few minutes to give it a stir. The meal cooks in front of you as you nibble on your appetizers and just enjoy being outside of your apartment. After 10 minutes or so they give you the OK and you can dig into your soup-ish style meaty meal. It's sincere, flavorful and entertaining! A much-needed nourishing meal during icy extended time.

All souped up and no place to go, I walked my scooter through alphabet city. This bohemian enclave within the East Village is normally a laid-back residential area with trendy restaurants and bars, plus craft cocktail lounges.

Some places did say open and I have been trying my best to support some local shops. I sometimes cappuccino with the best of them at Cornerstone Cafe NYC. This is a casual restaurant offering Italian and American fare, along with brunch, cocktails & happy hour. They also offer a big tea selection and fair-trade coffee if that's your thing.

With my caffeine levels filled I tossed my helmet on and braved the bikers on the Williamsburg bridge. If you don't know, hipsters are evil bikers. Their disdain for futurist transport was evident.

A large pile of cooked blue crabs, their shells a vibrant orange-red, piled high. A dark wooden crab mallet lies across the top of the pile. The background is slightly blurred, showing more of the crab pile.

With lunch so pork filled I figured I would go seafood for dinner so I could not be more thrilled to see fresh crabs waiting for me at my door from all our new BFF the UPS person! Like most of us I could not have made it through all this lockdown without our deliveries and Harbour House Crabs. This company sends you cooked, seasoned blue crab and other crustaceans right to your house. They come in a big white cooler ready to eat with some warmed butters and sides of course. You can get them in a dozen and go wild or my preferred set of 30 Maryland blue crabs (5.5–6.25 oz ea.), 4 iLoveCrab mallets, and 1 roll of crab paper. Keep in mind you will need fridge space and or a socially distant way to distribute to neighbors and friends. This is a great way to keep those vultures happy. They have been listening to your music and smelling your cooking for a year.

I know this is not my usually exotic article about a far-off places and cuisines, but there is something fresh and tasty about knowing that the world is waiting and we will be missing our homes, neighbors and pets in no time.

Moving Toward Love. The Spanish Ramen.

By Scott Keatley, MPPD RD CDN

ABIERTO

OPEN





I tell everyone, that I love love. If you're having a wedding, I'll be there. Surprising your husband/wife with some grand gesture--I'm in, what do you need? So, when I was last in Madrid (pre-COVID, of course), I got into an interesting conversation with a purveyor of some of the best ramen I've ever had.

Full disclosure: I love dried cured pork and the jamón used is perfect for my taste. Sorry to all the chashu purists out there.

Back to the story. I've finished this incredible meal and the owner was roaming asking how everything was. What surprised me, even though it shouldn't have, was that he was Japanese. I just had not come across a great deal of East Asian expats in Madrid. I asked if I could buy him a beer and talk about his motivation for opening a ramen spot in Spain. He, Kaigo Onoda, accepted and said that my question was an easy one. He came to Madrid "because of a woman".

Of course. Kaigo was studying abroad 15 years ago, met a girl and never left. I can relate to this story, 100%.

Kaigo had expert food knowledge from growing up in Japan, as well as some business connections to get good ingredients but he really leaned on his wife to understand Spanish culture and tastes.

For instance, in Japan, ramen is very much one-size-fits-all, here is your bowl, eat it fast and go about your day. This is great for a tiny little noodle shop because there is so much turnover, so you can make money as a restauranteur. But in Spain, dinner is more of a social affair with small portions. So, speaking with his wife he quickly made a small, medium and large bowl with different prices that attracted young Spaniards to his shop. That created a line, the line created buzz and now I'm sitting here writing but thinking about how much I could use a small bowl of ramen.

He also wanted to go as local as possible for as many ingredients as he could. Spain has amazing produce and meats for an excellent price. So out went the classic ramen pork and in comes jamón. And the vegetables may not be the same every-time as he uses a seasonal variety.

It was perfect. The right amount of Japan and the right amount of Spain to create excellent fusion and everyone standing in the 40 person deep line agreed as well. And to think it all started with a bit of university romance a dozen years ago.

See, I told you I love love--especially when it ends with delicious food for us all!



LOSING IT: COVID 15 FIXES



Except for those three people on your Instagram, the pandemic has been tough on us emotionally and this is reflected in (most of) our waistlines. It's not super healthy to carry excess fat, so we reached out to experts all over the country to get their tips to dropping the COVID 15:

Drink more water: Aim for half your bodyweight in ounces of water per day, but you don't have to start there. Work up from where you are, adding a cup of water a week. Set a "drink your water" reminder on your phone, if that helps!

**Dr. Stacie J.
Stephenson,
The VibrantDoc**

Limit alcohol to 4 or fewer 5 oz drinks per week.

Heather Fowler, Board Certified Integrative Nutritionist

Fiber first! Foods that are naturally high in fiber like fruits, vegetables, and whole grains help you to feel fuller for longer and harder to overeat. These foods tend to be high in volume and low in calories.

**Erica Chen, DMD, MS,
RDN**

Throw away all snacks that lead to mindless munching, such as chips, pretzels, cereal, and other bagged snacks that are hard to measure out. These tend to be the biggest contributor to empty calories.

**Heather Hanks, M.S.
at Instapot.life**

Reduce your stress: stress releases cortisol which makes it difficult for your body to lose weight and causes you to keep the weight on. Do something that you enjoy for exercise - dancing, playing with your kids or hula hooping.

Fran Garton, Pain Management Coach, Personal Trainer, Wellness Educator



As we moved through this tumultuous year stumbling from month to month, something major may have slipped by our Zoom-filled to-do list; that is to take a moment to realize that we are making it through. Now is the time to reboot and reclaim our lives. As we move forward to our spring and summer plans, remembering those happier pre-pandemic days is key. The answers are surrounding you: like your friends and family (remember them?), or the treasures of life like walking in the warm sunshine as it defrosts your spirit. So, as we mark another day off our calendar remember to circle a coming day because freedom is on its way! Look up and smile again because you have got a lot to look forward to.

LUNCH BOX NOTE
BY DESTINY PUZZANGHERA



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