

LAUNCHING WELLNESS:
TALKING TELEHEALTH

PORKING OUT:
THE YEAR OF THE PIG

DON'T BE AN EGG 'RACIST':
COLORLESS EATING

4 NERDS THAT NIBBLE

TASTY
TASTY
SEASIDE



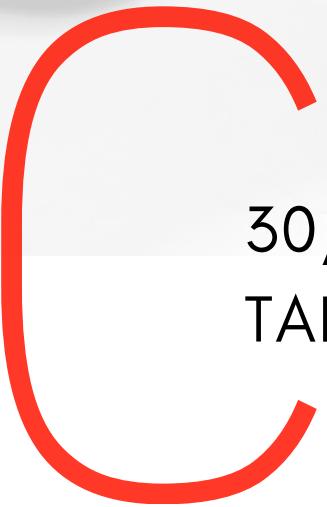
It's what's inside
that counts!



9/DON'T BE AN EGG 'RACIST':
COLORLESS EATING



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THE YEAR OF THE PIG



30/LAUNCHING WELLNESS:
TALKING TELEHEALTH



Editors Pick!

redduckfoods.com

INDUCTION

Do I Need It?

Induction cooking has been around since 1900 but has gotten hot recently, no pun intended. Induction cooking uses electric currents to directly heat pots and pans through magnetic induction. Instead of using thermal conduction which is what happens when a gas or electric element transfers heat from a burner to a pot or pan. It boils water up to 50 percent faster than gas or electric and maintains a consistent and precise temperature. The surface stays relatively cool so spills, splatters and occasional boil-overs don't burn onto the cooktop, making clean-up quick and easy. If you're doing any type of stove-top cooking, you should use induction cooking.

It is Safe?

One of the benefits is precisely controlled temperature which can prevent boil-overs and reduce the risk of over- or under-cooking. Since the stove-tops use an electromagnet to heat the pan it automatically adjusts the heat to the size of the pan, meaning fewer accidental burns. There are myriad websites that state the electromagnetic field created by these stove-tops will cause cancer. This myth is related to people living under powerlines in the 1980s, since then thousands of studies have been done and show no connection to cancer.

COOKING WITH MAGNETS. THE FUTURE IS HERE, FINALLY!

WHY WE LOVE 99¢ PIZZA



BY JAY MALONE

BUCK BITES 4 CODERS



We've all been there, we've gotta get out of the office and stretch the legs a little bit, but we've already had 300 cups of coffee and another drop of caffeine may explode our heart. I present to you the ultimate 4PM break indulgence—the 99¢ slice of pizza. It's cheap, delicious and the slices are usually freshly made.

99¢ FRESH PIZZA



NOW IF YOU'RE ONLY GOING TO HAVE ONE SLICE YOU'VE GOT TO PUMP UP THE TOPPINGS. THIS WILL HELP TO MAKE YOU MORE SATISFIED WITH YOUR SLICE BUT KEEP THE CALORIES TO A MINIMUM. SOME GO TO TOPPINGS ARE BROCCOLI, SPINACH, AND MUSHROOMS. THESE THREE TOPPINGS ADD A TON OF BULK AND FLAVOR TO THE MENU AND ABOUT 10 CALORIES TOTAL. BUT BE ADVENTUROUS HAVE SOME BASIL AND PINEAPPLE, CHICKEN AND PEPPERS... IT'S ONLY A BASE BUCK SO GO WILD!

EASY GREEN PEA PESTO SPREAD

JESSICACORDINGNUTRITION.COM

Ingredients:

2 cups frozen peas, thawed
1 garlic clove
1 tablespoon lemon juice
1/2 cup fresh basil
1/4 cup grated parmesan cheese or nutritional yeast
1/4 cup extra virgin olive oil
sea salt to taste

Directions:

Pulse ingredients in a food processor until smooth.

Enjoy this as a dip for veggies or as a topper on toast or crostini. It's also delish on sweet potato toast! I also tested this warmed up and tossed with spaghetti squash and green veggies as a lower-carb alternative to pasta, and it was awesome! Have fun experimenting.

Makes about 2 cups



MORE RECIPES

JESSICACORDINGNUTRITION.COM

DON'T BE AN EGG 'RACIST'

WHY ALL EGGS ARE CREATED EQUAL



BY YVETTE STEPHENS

PROTEIN LOVING

Let's start at the top, eggs are amazing. They are affordable, transportable, loaded with vitamins and minerals as well as being a very high-quality source of protein that is easily digestible by 98% of the population of the world. Chickens don't need (and generally don't get) hormones to lay eggs, they can get by consuming high protein scraps, bugs and even oyster shells (for calcium). They generally live 8-10 years and can lay up to 300 eggs a year, depending on breed. As a health professional, I recommend most people include them in their general healthy diet and when I work with elderly clients we see if we can add a little more.

OPEN UP

But the question I get asked most is brown or white. It's a legit concern people have. Should they eat brown or white eggs? Which have more nutrition? I even had a younger patient ask me if the brown eggs were filled with chocolate...sorry Timmy, they are not filled with chocolate and for everyone else, there is no difference in nutrition of the egg based on color.

I know what you're thinking, but I'm charged three times as much at the farmers market and it's \$2.00 more at the grocery store—there must be a reason. It could be that you're an egg racist or there may be a real reason. And there is. The breeds of chicken that produce brown eggs tend to be larger than their white egg producing sisters and therefore need more food. But this really is such a blah answer. Since this is about nutrition, let's dig a bit deeper.

There is one major factor that influence egg nutrition: feed. This is what separates a super nutritious egg from just a very nutritious egg. Chickens that have access to the range (outside) tend to have eggs that have higher concentrations of omega-3 fatty acids, which is a fat that we do not usually get enough from in our diet. In addition, chickens who were fed scraps of fish—I'm looking at you Japan, Vietnam, and Malaysia—have significantly higher amounts of EPA and DHA which are fatty acids that are thought to influence brain and eye development when we're young and reduce risk of heart attacks as we age.

So again, is there a difference between brown and white eggs? Not if they are grown on large farms or given standard chicken feed. Small batch producers may introduce items into their feed that improve egg nutrition and these producers generally have birds that lay brown eggs, but unless you can speak with the egg producer—skip the high price tag and grab the egg closest to you at the grocery store.



THE LICKIN DON'T STOP

The Hyppo specializes in delightful all-natural ice pops made from everything tasty under the sun. The formula for their success is simple: fresh fruit + herbs/spices + sugar (maybe some dairy) x whimsey = an amazing culinary journey. As the seasons change, so to do the flavors at the shops since they use super fresh fruit and, well, freeze it. The flavor list on their website and in the stores is truly epic but for a first time Hyppo-er, we recommend trying the cayenne, champagne, pistachio, Mexican hot chocolate or the hibiscus.



POPS \$4

PARTY \$4.75
POPS \$4CHOCOLATE DIP
\$1

ALL PRICES INCLUDE TAX

FLAVORS:

RIESLING PEAR 21&UP

ELVIS

CRANBERRY APPLE

PAPAYA PINEAPPLE*

CHOCOLATE SEA SALT*

MEXICAN HOT CHOCOLATE*

PINEAPPLE CILANTRO

COCONUT COCONUT*

PEAR PIE

DATIL PLUM

PISTACHIO ROSEWATER*

AVOCADO CREAM*

BANANA SPLIT

CHAMPAGNE MANGO

NECTARINE DREAM

DRAGONFRUIT

PLUM MINT

PINEAPPLE TIKI 21&UP

KALE APPLE CUCUMBER

GRANNY'S APPLE PIE

PAPAYA MANGO

DATIL PEPPER CHEESECAKE*

ORANGE CREAM*

PUMPKIN CHEESECAKE*

MANGO MOJITO

PINEAPPLE MANGO

BLACKBERRY CLOVE

BLACKBERRY GOATCHEESE*

TOasted BUCKEYE*

BANILLA VANANA

LONGAN COCONUT

HORCHATA* HONEY CINNAMON CHEESECAKE*

RASPBERRY

GUANABANA

WATERMELON HIBISCUS

AVOCADO COCONUT

CREAMY WALNUT*

BOURBON PEACH

UBE COCONUT MACADAMIA

JACKFRUIT

BLACKBERRY LIMEADE

PEANUT BUTTER PIE*

PUMPKIN PIE

CARROT CAYENNE MANGO

DATIL STRAWBERRY

PINEAPPLE PASSIONFRUIT

ESPRESSO HORCHATA*

★ CONTAINS DAIRY ★



The owner, being from a working-class background, and scraping change from between the couch cushions to open the first store, believes in community and sustainability. At the Hyppo, they strive to create foods with integrity and environments that balance welcome with quirkiness.



PORKING OUT THE YEAR OF THE PIG

By Ying Yue

HAPPY NEW YEAR

It's Thanksgiving, Christmas and Easter all rolled into one, Lunar New Year is a big, big deal. And like most holidays, food plays a central role. It's such a big deal that your family will set a place for you and keep it empty if you don't show! However, when you do show up, and you will show up unless you want to feel the wrath of 100 generations of angry mothers, these foods can be found at every table:

Dumplings. These used to be only available in the north of China but for a few hundred years have been available all over. The name, dumpling, translates into "midnight exchange", so you have to make them the day before and eat them after the New Year has begun as you're sending away the old and welcoming the new.



HAPPY NEW YEAR

Spring rolls. It's Spring, so you eat "spring" rolls. Makes sense. Sometimes these delicious little rolls are fried but can be steamed or baked. You would garnish the plate with veggies which becomes the spring platter. The filling of the rolls is based on what region you live in but pork, cabbage, mushrooms and carrots are the standard.

Noodles. These guys are a staple in Chinese cuisine and represent prosperity. For some people this means a long and healthy life, while for others it means money—specifically gold.



HAPPY NEW YEAR



Fresh steamed fish. The key here is fresh. It should be live when you buy it or better yet, catch it yourself. Half of the fish is eaten for dinner and the other half for breakfast the next day, this is to prolong the surplus (riches) of the family. You can add spices and peppers to make the broth red which is a lucky color.

Steamed chicken. Head on, thank you very much. The whole chicken is enough to feed an entire family and represents reunion and rebirth. The breadwinner in the household gets the honor of having the chicken feet —just make sure you clip those nails.

Rice cake. This is a sticky glutinous rice that represents the new year being better than the last.

Most importantly Lunar New Year is about family and connection. There are few memories I have that are more flavorful than my grandmother or 奶奶 Nǎinai teaching me how to pinch dumplings. Wishing all you pigs out there a yummy new year.

A photograph of a busy street in Hong Kong. The scene is filled with numerous small red flags hanging from wires, alternating between the Chinese national flag and the Hong Kong Special Administrative Region flag. In the background, there are tall, densely packed apartment buildings. On the left side, there's a building with a large sign that reads "寶珠藝術 GALLERY CO., LTD." in English and Chinese. Below it, another sign says "好月色 黃金有限公司". A small digital sign on the left says "晶晶". In the foreground, a person's back is visible as they walk away from the camera down the street.

PIGS ARE DILIGENT,
COMPASSIONATE, AND
GENEROUS. THEY HAVE
GREAT CONCENTRATION:
ONCE THEY SET A GOAL,
THEY WILL DEVOTE ALL
THEIR ENERGY TO
ACHIEVING IT.

It's Pi Season



The Raspberry Pi is a tiny and affordable computer that you can use to learn programming through fun, practical projects.



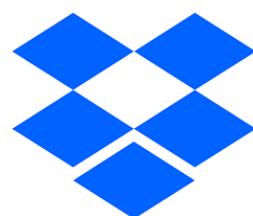
CHROMIUM FOR THE FILING FOODIE

Not just a trace element in your diet, this is the open source version of the premier Google operating system and allows you to use Google spreadsheets and documents while managing all of your files including recipes. All you need is the Raspberry Pi board and some peripherals.



RETROPIE FOR THE OLDIE FOODIE

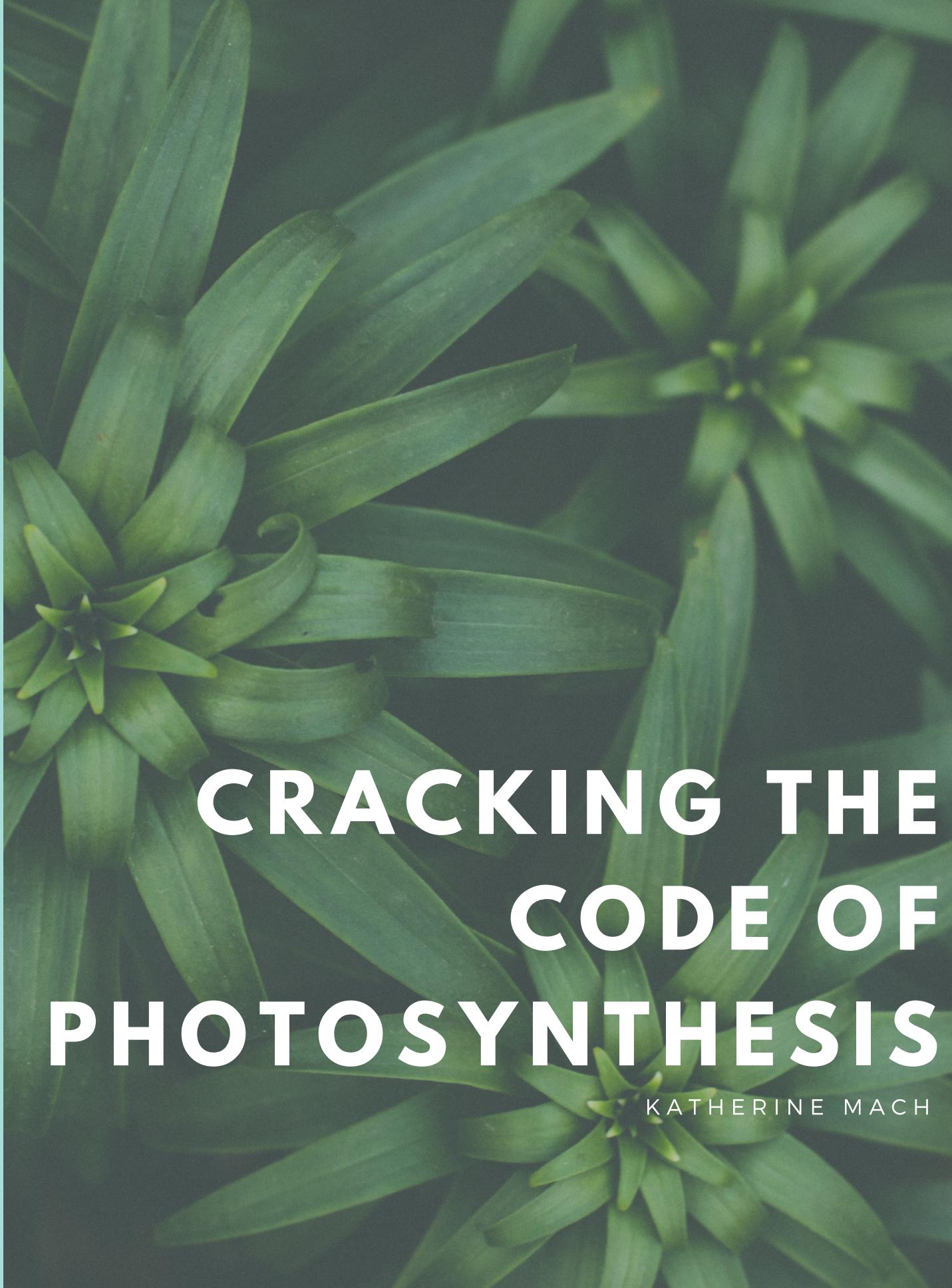
RetroPie allows you to turn your Raspberry Pi, ODroid C1/C2, or PC into a retro-gaming machine. It builds upon Raspbian, EmulationStation, RetroArch and many other projects to enable you to play your favourite Arcade, home-console, and classic PC games with the minimum set-up.



DROPBOX UPLOADER FOR THE TRENDY FOODIE

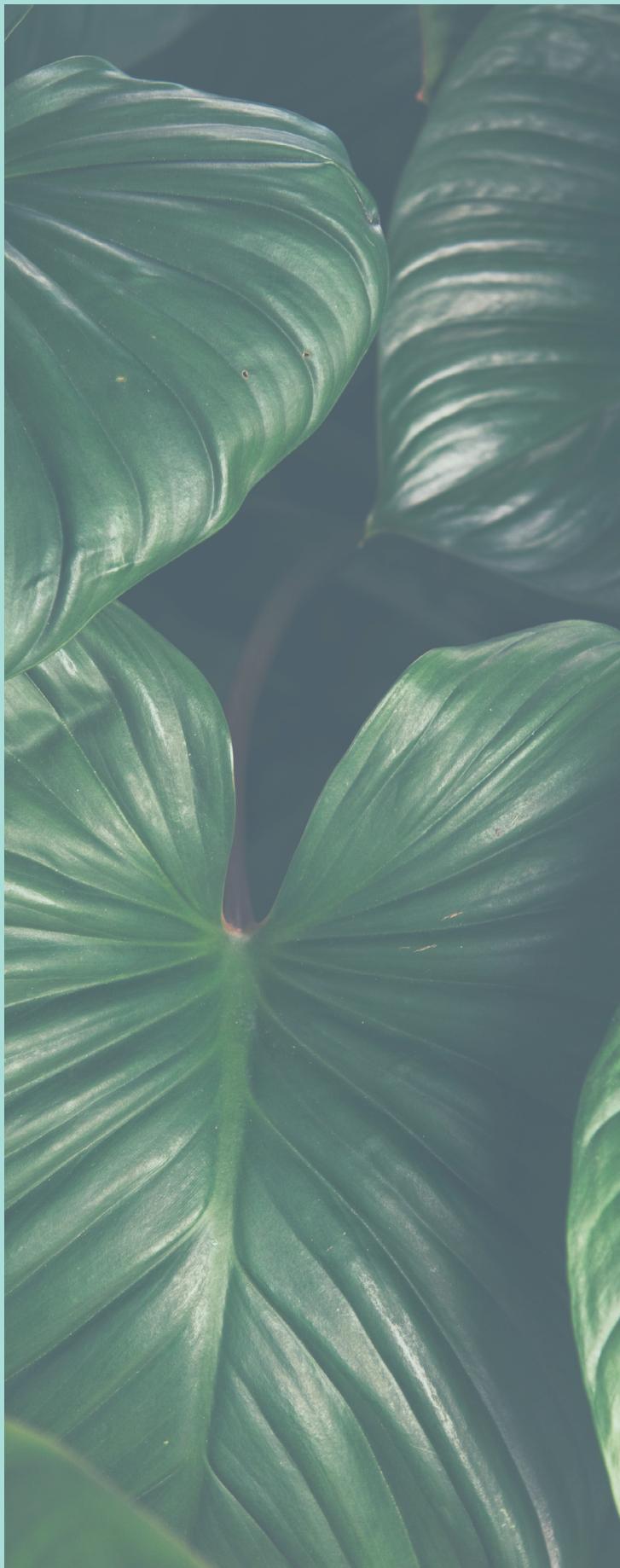
Storage is a problem for us all and as Spring rolls around we need to clean out our pi tins. This app allows the user to remotely dump all their junk into a Dropbox. Out of sight, out of mind, Marie Kondo would be so proud of us.

Fresh apps
you should have already



CRACKING THE CODE OF PHOTOSYNTHESIS

KATHERINE MACH



Out of everything I have ever cooked, every meal I have ever tasted, it's the aroma of ripe tomatoes, sweetness mixed with the bitter and bright smell of its stem, that moves me most. As a child, I'd go visit my grandfather at his old Virginia farmhouse, where he grew tomatoes and my grandmother grew an herb garden. I would walk out to the fields with my parents on a humid summer day and help pluck the bright red fruit from its branches. My mother would let me throw the overripe tomatoes into the vast fields for the deer to eat, and we'd collect the best ones in big buckets. That night, she and my father would can dozens of tomatoes that would be pulled from the pantry one by one until the next summer. But we'd always leave some as they were, because the juicy slices of tomato were as sweet as candy on their own.

In the foodie world, we are returning to an appreciation of the fundamentals of food but billions struggle with a lack of resources, however; projects like RIPE, led by bioengineers, are here to change that.



PRODUCE 40% MORE YIELD AND USE 25% LESS WATER

First, a quick trip back to Biology 101: photosynthesis is the transformation of light, carbon dioxide, and water into energy. Photosynthesis takes place on a teeny tiny cellular level, but it's a very big deal. It's how plants grow and sustain life, so anything that messes with photosynthesis is no friend of the farmer. Enter photorespiration, basically the sworn enemy of photosynthesis. Thanks to a kind of glitch in the photosynthetic process, photorespiration occurs, which wastes perfectly good energy that was just produced by photosynthesis. Less energy means less yield, and in the crop game, yield is everything.

Here's the deal: Scientists at the international research group Realizing Increased Photosynthetic Efficiency, or RIPE, have engineered shortcut pathways within plant cells, making the process of photosynthesis more efficient and substantially cutting down on photorespiration. Plants with this built-in super highway of photosynthesis produce 40% more yield and use 25% less water, seriously changing the game of crop production. Just like Robocop, they grow faster, taller, and with greater biomass. RIPE wants to use this technology to improve soybean, cowpea, potato, and tomato plant yields in the coming years, and plans on allowing its royalty-free use around the world. The nutritive value in these numbers is almost unfathomable; hundreds of millions of people can be fed thanks to that increase in productivity. 40% more biomass means a major leap in caloric value, so populations will get more food from each plant.

The stats are impressive, but it's difficult to imagine just how much more food this technology has the potential to produce, and more difficult to understand how it affects our relationship with what we consume. Eating and sharing food is a fundamental part of human and familial history, and our dependable access to it is key to our ability to not only survive, but enjoy what we eat. The natural relationship between people and crops is one that the cooking world is fascinated with; it's simple, it's humbling, it's delicious. It's eating canned tomatoes in the winter that still taste as good they did when you pulled them from the vine in the summer. Anything that can give the world unprecedented abundance gives the world unprecedented connectivity. RIPE's innovations could help ensure that many more of us can rely on crops like potatoes, cowpeas, and tomatoes in our cooking for generations to come. Here's to millions more tomatoes, and a world that strives to feed all who are hungry.



OFFICE EATS: SUSHI

BY LESLIE CORTEZ





Being in charge of ordering office lunches can be stressful--half of my team can't make it to lunch on time to devour the hot menu options. So, this season we're diving into cold eats, starting with my favorite, sushi. Now my team knows that fresh eats—from seafood to vegetables—are available in the fridge, so I don't have to pry them away from coding but still give them a tasty meal.



cutest tiny
sushi from
shimizu Sushi
Museum
in Japan.
Now that's what
I call portioned!

TO GO

MUST EAT NEAR YOU

- El Paso, Texas

Okazuri

Modern option fixing up teppanyaki & other cooked Japanese dishes, plus sashimi & inventive rolls.

- Brooklyn, New York

Fushimi Williamsburg

Las Vegas-worthy decor, a late-night scene & sushi are the draws at this popular Japanese eatery.

- San Francisco, California

Blowfish Sushi

Techno music & Japanese anime on multiple screens are the backdrop for creative sushi & cocktails.

- Orlando, Florida

Shari Sushi

Sushi & sashimi star at this hip, splashy restaurant, with high ceilings & patio seating.

- Charleston, South Carolina

O-Ku

Happening Japanese eatery & lounge with trendy environs sporting exposed brick & high ceilings.

LAUNCHING WELLNESS: TALKING TELEHEALTH



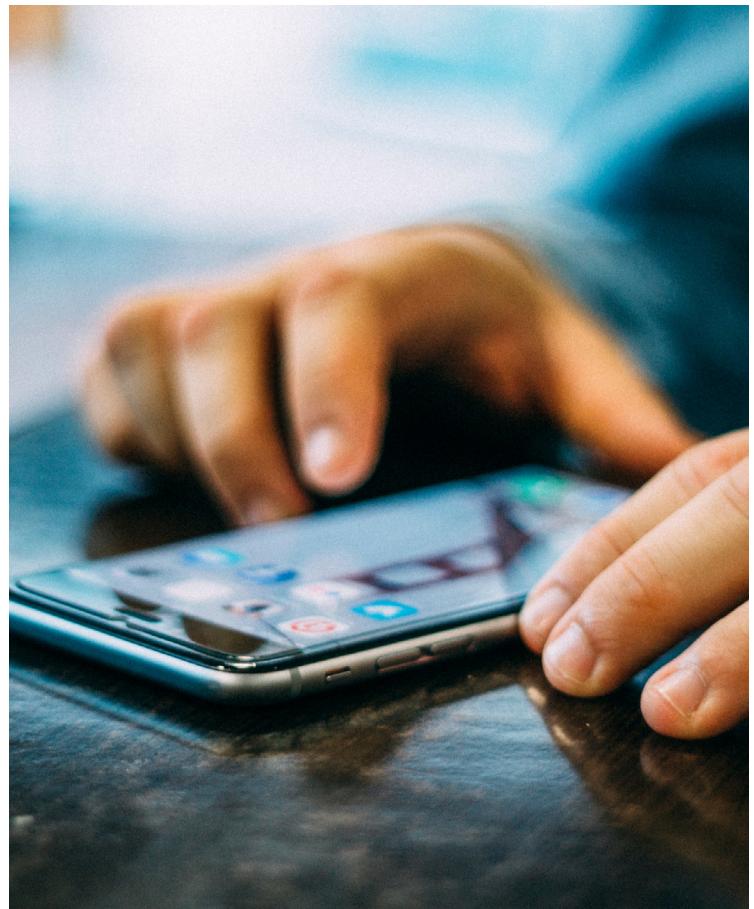
TALKING TELEHEALTH

TALKING TELEHEALTH

BY KERRY GUERRERO

It's 2016 and then President, Barack Obama, is complimenting a VA telehealth initiative and expanding its use via laws approved by Congress. Fast forward a couple years to October 2018 and President Donald Trump is complementing the use of telemedicine and expanding its use via the Support for Patients and Communities Act which was passed almost unanimously by the Senate. And even though the most unlikely of allies (and everyone in between) have approved and lavished praise for this service, I would bet real money that you have not used it yet.

It's not your fault, really. Telemedicine (using telecommunications to have a medical appointment) is kind of new and has not been broadly accepted by practitioners for a variety of reasons. You're most likely to have used it if you spent time in a long-term care facility, are disabled and/or live very, very, very far away on a Native American reservation. So, yeah, you probably have not been introduced properly to telemedicine since these groups make up about 0.5% of medical consults.





I went super local for experts on this article and asked our editor in chief of Tasty Bytes Magazine, Scott Keatley what's going on with telemedicine? He happens to be a techie, RD, and CDN that also runs a newly launched telehealth program at Keatley Medical Nutrition Therapy.

So, you're clearly a fan of telemedicine, since you work in it, what do you see as the benefits?

I see the benefits as three-fold: convenience, engagement and prevention. Everyone can agree that being able to pick up a cell phone and either speak directly or video chat with your medical provider is great. Some of the largest providers of telehealth say that the average wait time for an urgent care doctor is only 22-minutes. The platform increases engagement as well. Think of it like this, that cell phone is a direct connection to the health care provider. They can send you follow-up materials once they've had time to review your issues more and if monitoring is part of your care, the provider can see your data all the time and alert you if there is something going on that needs another appointment. Finally, prevention is a big driver in telemedicine. We don't want you to go to the hospital for something that can be solved over a webcam and neither do you.



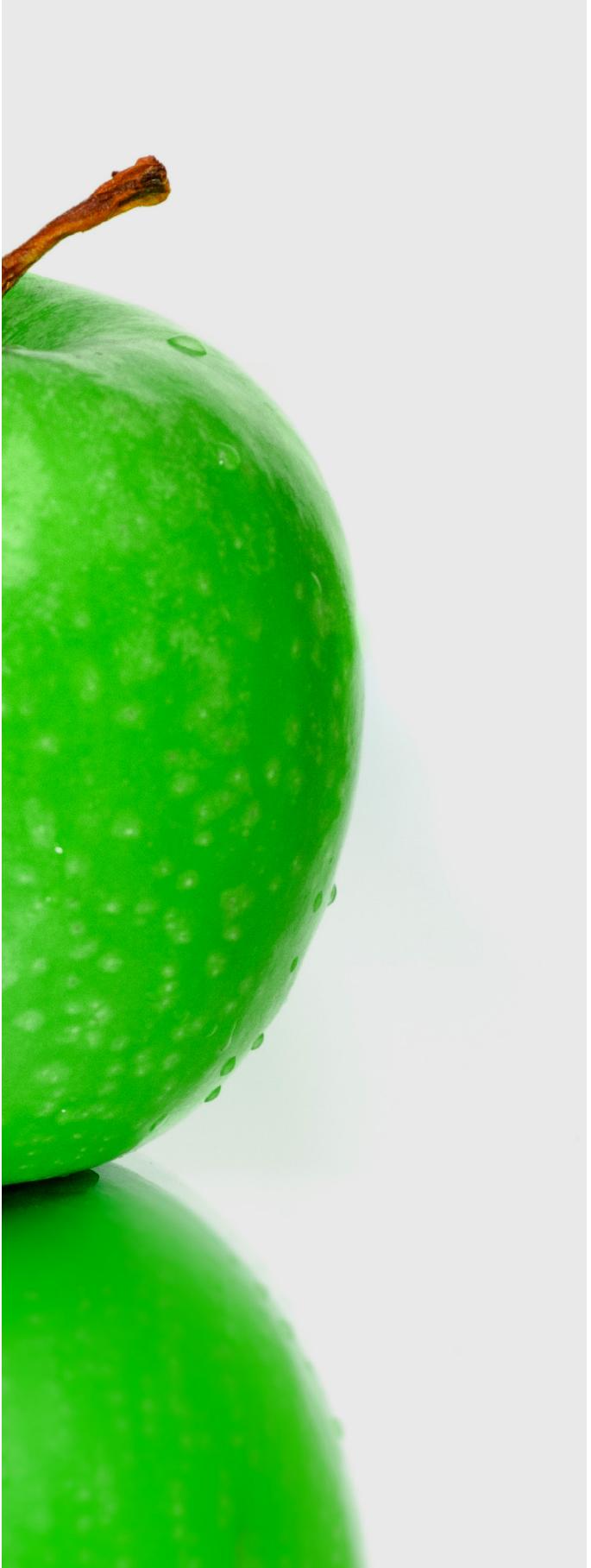
How have the patients and the healthcare professionals felt about telehealth?

I've spoken to patients at all stages of the process, from intake to post appointment follow-up. At first, I would say most patients are a little leery, like, "what is this thing?". It's something new and patients worry about things like privacy and quality. But once they do it, they love it and feel like they're getting a great quality of care. They are glad they didn't have to take a day off work and travel for an hour. In fact, most of our new patients are referrals from other patients. As for the practitioners, they had the exact same feelings in the beginning but after the first appointment they felt really engaged with the patient—there were no distractions.

What are the difficulties with telehealth?

It is the state lines. Healthcare in the United States is separated by state lines and it can be complicated for both the practitioner and the patient to figure everything out. The insurance companies, both commercial and government ran have not done a great job explaining that this is an option and many insurance call centers are not up-to-date with laws and regulations. Forty-nine states make practitioners license themselves in that state to engage in telehealth, 14 states require a special license and 18 states cover Medicaid only. But states like New York, California, Georgia and Virginia are viewing telemedicine the same as an in-person visit, which simplifies it for everyone.

Where do you think we'll be in 5-10 years from now on telemedicine?



Telehealth is the future of non-emergency health care. As practitioners and patients get more comfortable with the technology they will expand greatly. I imagine that the laws around the nation will start to look more similar regarding telemedicine and overall, I believe this will bring down the cost of healthcare for the average American, which is a win for everyone.

Telemedicine is really amazing and I hope that everyone will give it a try, that is if you're okay with taking that little piece of tape off your cell phone camera.



WHAT ARE WE
CELEBRATING?

CINCO DE MAYO IS AN ANNUAL CELEBRATION HELD ON MAY 5. THE DATE IS OBSERVED TO COMMEMORATE THE MEXICAN ARMY'S VICTORY OVER THE FRENCH EMPIRE AT THE BATTLE OF PUEBLA, ON MAY 5, 1862.

A close-up photograph of a pile of nachos. The chips are golden-brown and appear to be made from corn tortillas. They are heavily covered in melted, bubbly cheese that has started to drip down the sides of the chips. Some of the cheese has pooled at the bottom of the frame. The background is dark, making the bright yellow and orange of the nachos stand out.

Cinco de Mayo Facts

IT HAS BEEN CELEBRATED IN CALIFORNIA SINCE 1863 BUT BECAME A CELEBRATION AROUND THE COUNTRY IN THE 1980S ONCE BEER COMPANIES STARTED MARKETING IT AS A CELEBRATION OF MEXICAN HERITAGE IN THE USA.

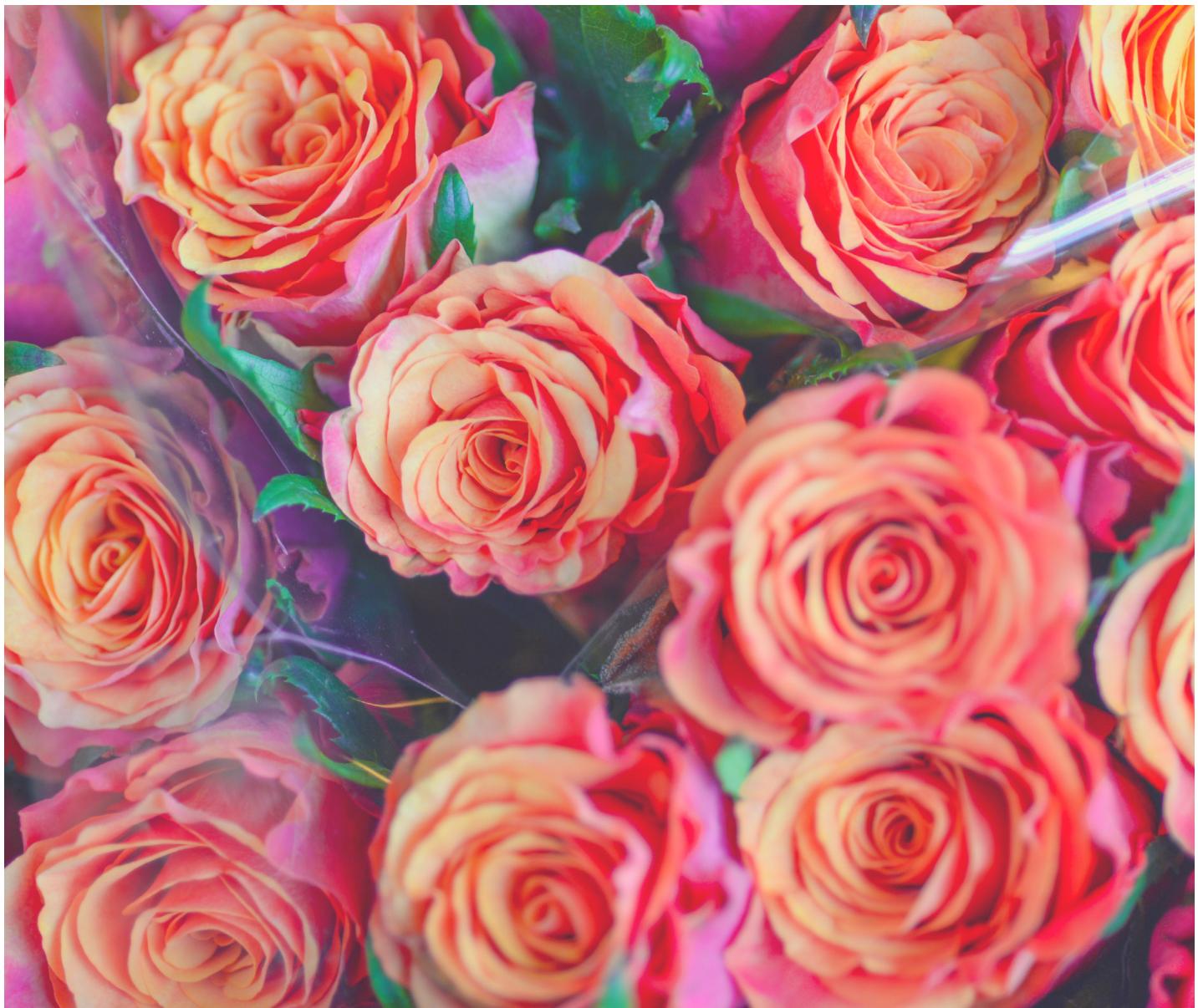


Cinco de Mayo Facts

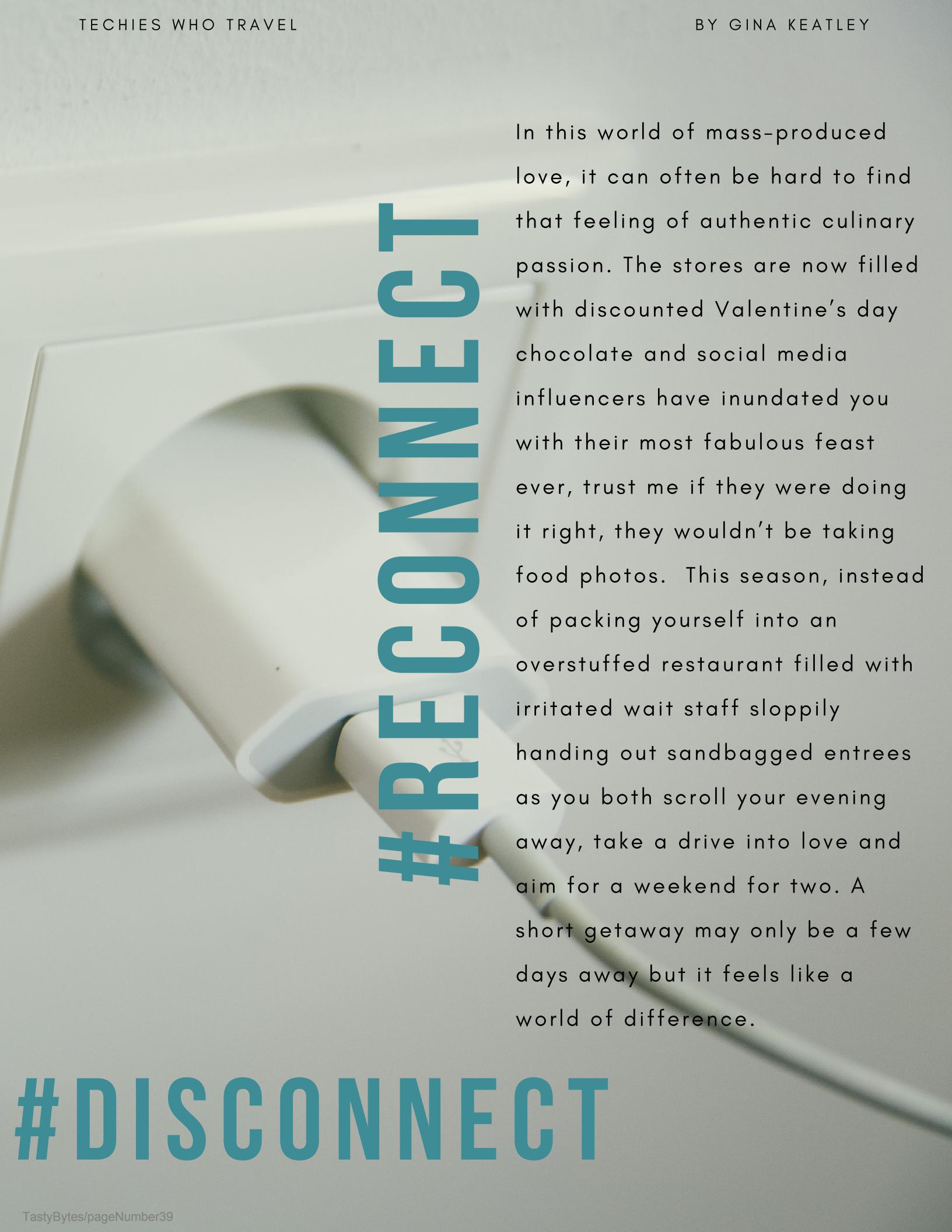
IT'S GLOBAL BABY! IN THE CAYMAN ISLANDS THEY CELEBRATE THE VICTORY WITH AN EPIC AIR GUITAR COMPETITION. JAPAN HAS BEEN HOLDING A CINCO DE MAYO CELEBRATION IN OSAKA SINCE 2013 THEY CELEBRATE WITH PAN-LATIN AMERICAN FOOD, MARGARITAS AND MUSIC FROM CENTRAL AMERICA.

TECHIES WHO TRAVEL

ROMANTIC WEEKEND GETAWAYS



There is no escaping it – spring
is the season of love and your
partner wants you to disconnect
and reconnect!



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In this world of mass-produced love, it can often be hard to find that feeling of authentic culinary passion. The stores are now filled with discounted Valentine's day chocolate and social media influencers have inundated you with their most fabulous feast ever, trust me if they were doing it right, they wouldn't be taking food photos. This season, instead of packing yourself into an overstuffed restaurant filled with irritated wait staff sloppily handing out sandbagged entrees as you both scroll your evening away, take a drive into love and aim for a weekend for two. A short getaway may only be a few days away but it feels like a world of difference.

#DISCONNECT

Now that you have committed to go screen-free for 48 hours what are you going to do?

Hopefully you've booked a getaway with a small kitchen; like a cabin or Airbnb. So, now you can get cooking, but creating a romantic menu can be a bit tricky so I have added some easy tips to keep your mojo moving and make it a meal you can savor. First, don't overshoot, this is a weekend getaway, not your last meal, so keep it elegant and light. No one wants second dessert after a heavy stew or a reminder of Mom's homemade meals.

#BREAKFASTINBED

Try out a tuna tartar or some simple chilled shrimp cocktail. Keep in mind that if you're doing a three-course menu, which I hope you are, you can play with temperatures and textures; if you're having a warm entrée start with a cold appetizer. Finally, remember it takes two to tango. The kitchen should be an area where both of you are doing work and enjoying the spoils.

With just a little rhythm in the kitchen you can make this season of love the juiciest and most tender ever.

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