

YOUR FAVORITE HUNGRY TECH MAGAZINE

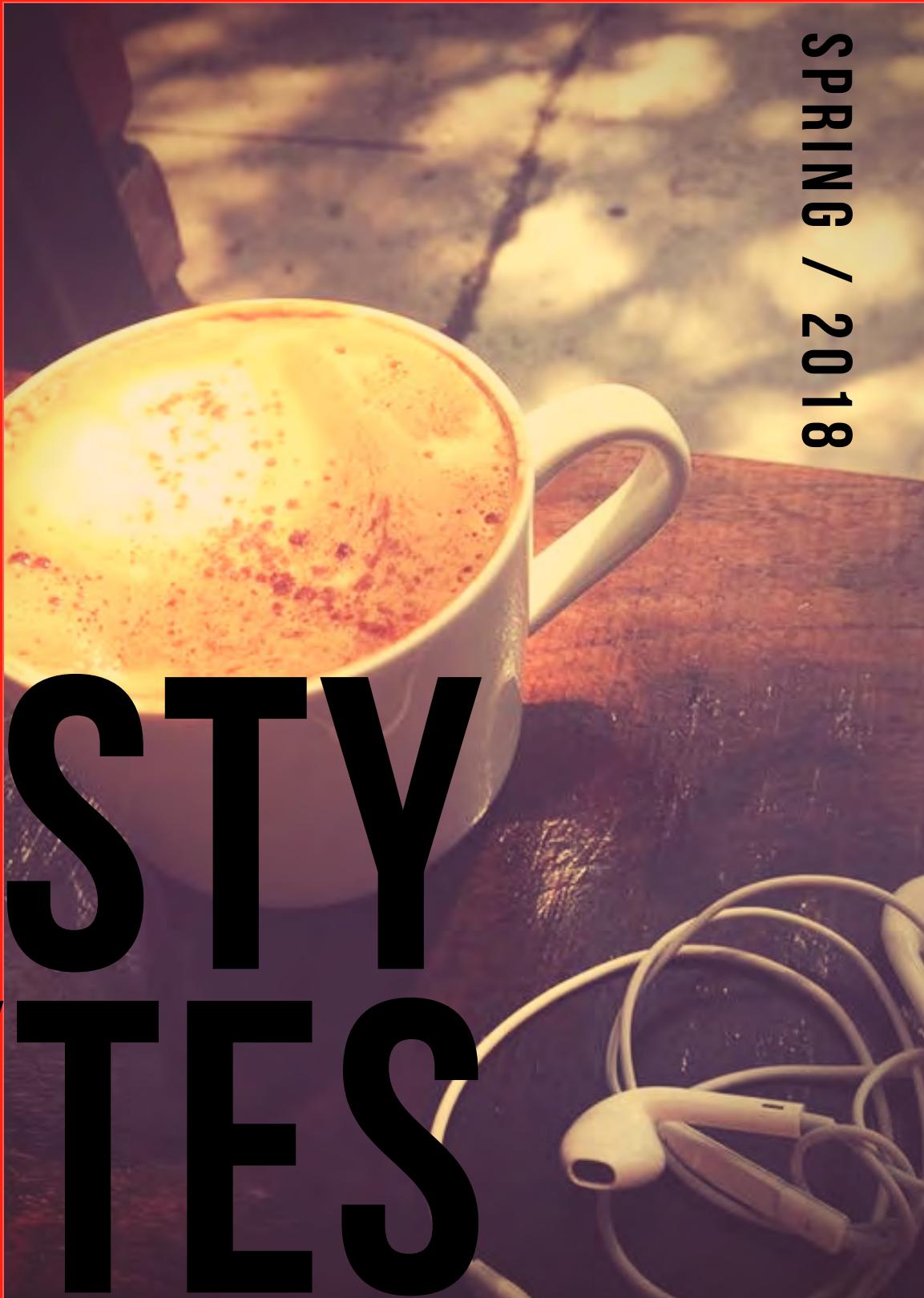


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SPRING / 2018

# TASTY BYTES

4 NERDS  
THAT  
NIBBLE



EMBEDDING BREAKFAST  
MARVELOUS MICROWAVABLES: CAKING  
USER EXPERIENCE (UX):  
SAKE, STEAKS & STANDING

# A

10/EMBEDDING  
BREAKFAST

# B

20/MARVELOUS  
MICROWAVABLES:  
CAKING

# C

37/USER EXPERIENCE (UX):  
SAKE, STEAKS  
& STANDING

Caffeine is a crystalline compound that is found especially in tea and coffee plants and is a stimulant of the central nervous system.



The genus *Coffea* is native to tropical Africa and Madagascar, the Comoros, Mauritius, and Réunion in the Indian Ocean.

According to The Mayo Clinic up to 400 milligrams (mg) of caffeine a day appears to be safe for most healthy adults. That's roughly the amount of caffeine in four cups of brewed coffee.

About 83 percent of adults drink coffee in the U.S., the world's biggest consumer of the beverage, up from 78 percent a year earlier, according to the National Coffee Association's survey. That's an average of three cups a day per person, or 587 million cups.

## WE ASKED SOME OF THE HUNGRiest HACKERS WHAT ARE YOU EATING NOW?

KATE MCCANN  
COMMUNICATIONS  
UPSERVE

I'm adding three items to my menus: charcoal, jackfruit and koji. Charcoal is not just for grilling. The activated charcoal I'm using is going in everything from lattes to froyo. As an aspiring vegan, I'm also adding jackfruit, I like to think of it as the healthy and sustainable vegan meat replacement. Finally, koji is the mold that makes miso, sake and soy sauce possible and it's delicious!

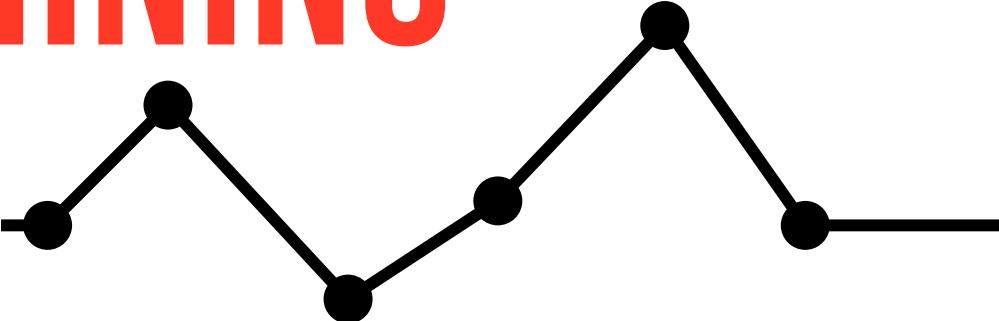
JENNA LAYDEN  
GLOBAL SENIOR BUYER  
WHOLE FOODS MARKET

I'm loving healthy authentic Mexican and taco inspired dishes. I'm eating tacos in bowls, with lettuce wraps, and even with paleo, grain free tortillas. I'm also loving botanical and floral flavored products; I'm munching on Rose Raspberry Lychee Gelato and Lavender Lemon Shortbread Cookies. I'm drinking sparkling waters right now. There are so many flavors and they go great with different food options. Some of my favorite are Lime + Orange and Watermelon.

LESLIE RICHIN  
SOCIAL MEDIA STRATEGIST

I admit, lately I've been visiting restaurants and trying foods I've seen on Instagram. I'm currently obsessed with the Beetroot Hummus Toast from Bluestone Lane, wellness bowls/ acai bowls, anything with an egg on top, and could eat sushi daily. I finally understand the bone broth trend, and the list goes on. I'm also one of those rare people that love kale. For drinks, I'm having oat milk because it's being offered everywhere.

# DATA MINING MENUS



# ECO EATING ADVENTURE

If you've got spring fever and you just can't spend another day dealing with upload errors or -- then grab your waterproof phone and let's go on safari, lionfish safari that is.



The lionfish is an invasive species destroying fish numbers through the gulf and Caribbean.

Since lionfish are not native to Atlantic waters, they have zero predators in the Gulf of Mexico. Luckily for us saving this part of the planet ends in a tasty treat for us. In every Gulf state and island at various dive shops, you can attend a lionfish hunt

where you spearfish these invasive creatures. Besides giving your native fish friends a fighting chance you also get to grill and eat these bad boys as a reward for all your killing. Don't be sad for these

fish, they are venomous, but once you dispose of the spines, there is no risk of envenomation, and you're free to prepare your lionfish as you choose. The lionfish is cleaned and then grilled for approx., 10 minutes and lightly seasoned with a splash

of citrus. The lionfish tastes like more like shellfish than standard fish. Kind of like if a lobster and shrimp had an evil baby and was taking over the underworld.

# BROTH IS HOT, NO BONES ABOUT IT

By Peter Thomas

Get Boned



No doubt, you've heard about bone broths recently. But if you're like me, you don't know exactly what it was and what makes it so good. I mean, isn't bone broth a fancy word for chicken noodle soup? So, I dug deep into the annals of food science and found out what sets bone broth apart.

Bone broth is not stock nor broth and what makes it different is how it is prepared. A broth is mostly meat that is simmered for 45 minutes to 2-hours. Stock is mostly bone and simmered for 3 to 4 hours. Now a bone broth is almost all bones and simmered for 8 to 24-hours. This longer cooking time allows for the release of gelatin from the collagen at the joints and the trace minerals within the structure of the bones itself.

Bone broths are very high in protein and can be a source of minerals as well. The bones release the amino acids glycine, glutamine and proline which are conditionally essential, meaning that sometimes your body needs extra to function properly. They're used in the synthesis of hemoglobin, bile salts and other naturally-occurring chemicals within the body and also support digestion and skin health.

But there is a potential downside to bone broths—lead. With bone broths all of those good minerals are extracted from the animal bones but if the animal was exposed to lead in the feed or soil then it can become trapped in bones, which will make its way into the soup. Lead in soil comes from leaded fuel used in cars and trucks prior to 2000. But farmers have been working with government agencies to remove the lead for decades and some rural farms have almost no lead in the soil altogether. For this reason, you should consume bone broths only occasionally, like cold days in the spring and really learn where your bones are coming from.



# 10 must do spring food festivals in America

By Ryan Miller

Tech work can be hard so there is no better time than now to make your way out of your poorly lit den of coding to nourish your body and soul at some kick ass spring food festivals across the USA.



Feb. 10-12 | Street Eats Food Truck Festival:

Location

Salt River Fields at Talking Stick  
7555 N Pima Rd  
Scottsdale, AZ

Feb. 24 | Austin Oyster Festival:

Location

The Lawn at Seaholm  
800 W. Cesar Chavez Street  
Austin, TX

Feb. 28-March 4 | Charleston Wine + Food Festival:

Location

Marion Square  
329 Meeting St, Charleston, SC

March 1-11 | The Florida Strawberry Festival:

Location

2209 West Oak Avenue  
Plant City, FL

March 3 | Arizona Caribbean Jerk Festival:

Location

Kiwanis Park - Ruben Ramero  
5500 S. Mill Ave  
Tempe, AZ

March 10 | West Plains BrewFest:

Location

West Plains Civic Center  
110 St. Louis Street  
West Plains, MO

March 23-24 | Latin Food Fest:

Location

Santa Monica Pier Beach, CA

March 25 | Cochon555:

Location

Loews Minneapolis Hotel 600 1st Ave N  
Minneapolis, MN

April 25-28 | Eat Drink RI:

Location

TBD

May 10-13 | Vegas Uncork'd:

Location

TBD

# EMBEDDING BREAKFAST

## ***FOUR FAST FOOD FIRST MEAL MUSTS***

**01**

**STARBUCKS:  
SPINACH & FETA BREAKFAST  
WRAP**

**02**

**AU BON PAIN:  
EGG WHITES, CHEDDAR AND  
AVOCADO ON A WHEAT BAGEL**

**03**

**SUBWAY:  
6" EGG & CHEESE OMELET  
SANDWICH**

**04**

**MCDONALD'S:  
EGG WHITE DELIGHT MCMUFFIN**

**MORNING  
MUNCHIES**  
By Sara Ming

**290 calories**  
19 g protein  
10 g fat  
(3.5 g saturated)  
830 mg sodium  
33 g carbohydrates  
**(6 g fiber, 4 g sugar)**



STARBUCKS®

## STARBUCKS: *SPINACH & FETA BREAKFAST WRAP*



*Creative Director Pick*

MAKE SURE TO GRAB A SRIRACHA PACKET FOR SOME HEAT!



## AU BON PAIN: EGG WHITES, CHEDDAR AND AVOCADO ON A WHEAT BAGEL



One-third of a medium avocado (50g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a great nutrient dense food choice. The avocado is virtually the only fruit that contains heart-healthy monounsaturated fat – good fat!

**310 calories**  
20 g protein  
17 g fat (6 g saturated)  
610 mg sodium  
26 g carbohydrates  
**(9 g fiber, 2 g sugar)**



## **SUBWAY: 6" EGG & CHEESE OMELET SANDWICH**

Spinach is an excellent source of vitamin K, vitamin A (in the form of carotenoids), manganese, folate, magnesium, iron, copper, vitamin B2, vitamin B6, vitamin E, calcium, potassium and vitamin C. It is a very good source of dietary fiber, phosphorus, vitamin B1, zinc, protein and choline.

**360 calories**

19 g protein

12 g fat

(4.5 g saturated)

860 mg sodium

**(2g fiber, 6 g sugar)**





## MCDONALD'S: EGG WHITE DELIGHT MCMUFFIN

**260 calories**

16 g protein

8 g fat

(4.5 g saturated)

750 mg sodium

**(2g fiber, 3 g sugar)**

Egg whites are a low-calorie, fat-free food. They contain the bulk of the egg's protein. The egg white contains about 4 grams of protein, 55 mg of sodium and only 17 calories. A single egg white also offers 1.3 micrograms of folate, 6.6 mcg of selenium, 2.3 mg of calcium, 3.6 mg of magnesium, and 4.9 mg of phosphorus and 53.8 mg of potassium.



# OFFICE EATS: INDIA-FESTIVAL OF COLORS

BY DEBBIE THORN





Perhaps the most colorful festival in all the world is the spring festival Holi. This festival is about the arrival of spring, end of winter, and is celebrated as a thanksgiving for a good harvest. And like traditional American Thanksgiving food is front and center.

Traditional Holi delicacies vary from region to region and family to family, so we've got a super colorful and very tasty drink and snack you can order for the entire office—brightly colored powder sold separately!

Thandai is the most traditional of the Holi drinks. It is a milk-based drink with almonds, fennel seeds, watermelon seeds, rose petals, pepper, cardamom, saffron. The rose petals and saffron become electric against the white of the milk and some locals in India use bhang which is derived from the marijuana plant to give it an extra kick.

Spending hours with friends literally painting the town red gets tiring and there is no better way to recharge than with Gujiyas. These are the sweet star of Holi, native to Rajasthan, gujiyas are sweet dumplings made of flour and filled with a delightful khoya and a dry fruit mixture. But you can also get them stuffed with chocolate or coconut. I recommend getting enough so everyone can try them all!

# TO GO

MUST EAT NEAR YOU

- New York, NY

## **The MasalaWala**

Colorful, art-filled eatery serving classic Indian cuisine & South Asian street food with a twist.

- Seattle, WA

## **Bengal Tiger**

Casual Indian eatery with tandoori meats & a popular lunch buffet, plus a full bar & delivery.

- Orlando, FL

## **New Punjab Indian Restaurant**

Indian eatery serving dishes including chicken madras & goat curry.

- San Francisco, CA

## **Rooh**

Sophisticated bistro serving playful cocktails & modern Indian fare with California accents.

- Austin, TX

## **Nasha**

Relaxed Indian restaurant serving traditional curries plus fusion tacos & curried margaritas.



*Corned beef  
is a salt-  
cured beef  
product. The  
term comes  
from the  
treatment of  
the meat with  
large grained  
rock salt,  
also called  
"corns" of  
salt.*



# ST PATRICK'S FOOD TRADITIONS

ST PATRICK'S DAY, ON MARCH 17, REMEMBERS ONE OF IRELAND'S PATRON SAINTS, ST PATRICK. IT LARGELY CELEBRATES IRISH-AMERICAN CULTURE IN THE UNITED STATES.



Saint Patrick's Day or the Feast of Saint Patrick is celebrated in more countries than any other national festival. The holiday marks a break in the Lenten period which means all of those foods and drinks you are abstaining from for 40 days get a quick return to your diet. This includes meat and alcohol. In Ireland, the main dish is generally lamb, not the corned beef we associate with the American version of the holiday and in Brazil it is thick cut bacon. But one food connects all of the celebrations around the world and that is cabbage.

Cabbage has been grown in Ireland since before the 17th century and represents a staple in the culinary traditions. Cabbage grows in soil that may be a little too acidic or have a little too much nitrogen for other plants but sucks up minerals like a sponge and is very nutritious. Most importantly it takes about 70 days to grow, so in a place where it doesn't get too hot you can grow several times a season as long as the soil is rich. During the potato famine, cabbage became a literal lifesaver for many Irish families and today cabbage represents the resilience of the Irish people.

# CAKING

01



02



03



If you're caking someone in your office here are a few super fast, super tasty cakes you can make in seconds! It is possible to have something close to the chocolate soufflé or molten cake you had at that five-star restaurant over the weekend...at work! There are a couple tips you will need to know before choosing the right recipe to fit your office microwave.

Eggs tend to explode when cooking in the microwave from the steam build-up trapped underneath the egg yolks, so the best cake recipes to choose are any recipes without eggs.

For a single serving, usually a twelve-ounce ceramic mug will do or any other cups or bowls that are microwave-safe. Once you have your cake recipe and your favorite microwaveable mug ready, pour the cake batter half to three-quarters of the way full in the mug, and microwave the cake batter anywhere from  $1\frac{1}{2}$  to 2 minutes. After your co-workers are questioning and ridiculing about the random concoction in your usual mug for coffee, and right when you have just finished explaining to them exactly what you're making by utilizing the office microwave, your cake-in-a-mug is ready!

Finally, you can top your cakes off with a frosting of your choice. You can stock up on different flavor frosting, like vanilla, milk chocolate, cherry, rainbow chip, or cream cheese, and leave them in the office to have them ready for every time you feel like making yourself some or your new love a few microwavable cakes!



## GET SWEET. HONEY VANILLA CAKE

Vanilla cakes are also possible in the microwave too! Although it does not have cocoa powder like the chocolate cake to bind the structure of the cake together, vanilla cake recipes with milk will do just fine in the microwave. Still make sure there are no eggs in the recipe. Vanilla cake recipes are versatile. For the summer time, berries are an easy add-on to the cake batter. Or if you are a fan of peaches and cream, top off your cake batter with some peach slices and some raw sugar that can be found maybe at the coffee bar, microwave it until cooked, and top the peach cake off with some Cool Whip and honey!

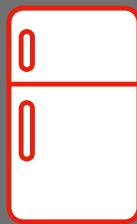
The vitamins present in honey are B6, thiamin, niacin, riboflavin, pantothenic acid and certain amino acids. The minerals found in honey include calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc.

## CHOCOLATE CAKE

Attention all chocolate lovers! You can take any vegan chocolate recipe cake off the web and do it at work in the office microwave. Since a vegan chocolate cake recipe does not contain any eggs, your chocolate cake will be less likely to explode in the microwave. The cocoa powder is also a great binding agent when eggs are absent in a recipe. So if you have all other ingredients measured out properly, your chocolate cake will undeniably come out exquisite. For your die-hard chocolate fans, you can do a triple chocolate microwavable cake by adding chocolate chips or any other chocolate to your cake batter, and drizzle the cooked chocolate cake with a chocolate syrup from the squeezable bottles you would use for ice cream.

Chocolate contains very small amounts of copper, iron, zinc, and protein, but not enough to be considered a good source of these nutrients. The fat in chocolate is from cocoa butter, and is comprised of about 2/3 saturated fats and 1/3 monounsaturated fat.





# CHILL OUT



eating  
extravagantly!

## Upcoming Future Fridges

### Samsung Family Hub Refrigerator

With a connected touchscreen, the Family Hub lets you plan meals, coordinate family schedules and even entertain. This fridge helps you organize your home and live better every day.

With state-of-the art cooling technology in three sleek, ergonomic designs, the Family Hub refrigerator lets you store your favorite foods the way you want.

Send real time updates. Forgot something? No problem. Just add the item to the list using the Family Hub touchscreen or your phone, and the shopper will see it instantly.

Share shopping lists or skip the store.

Make shopping lists to share with family members, buy groceries or even order a pizza directly from the touchscreen.

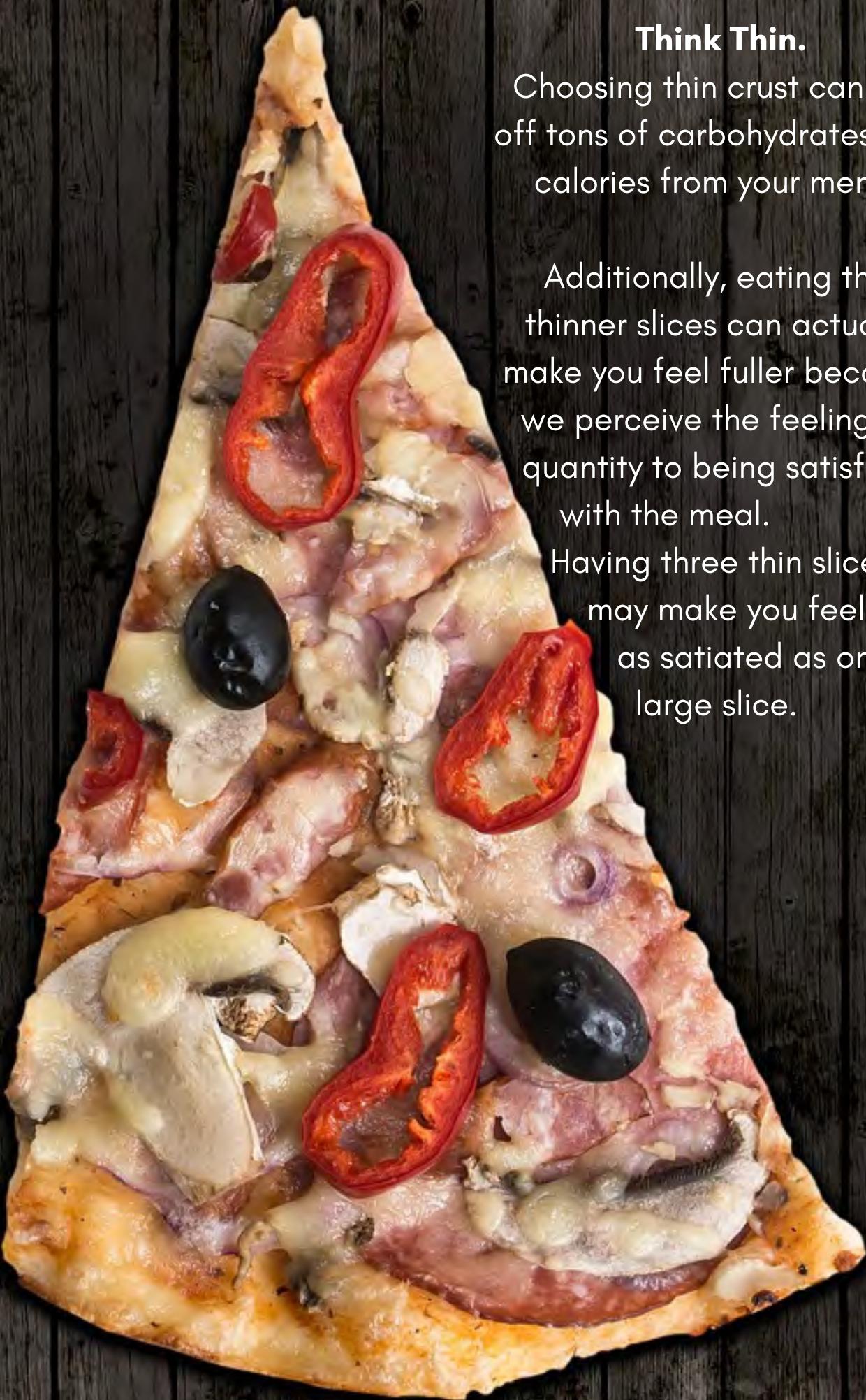
# DELIVERY

## Think Thin.

Choosing thin crust can cut off tons of carbohydrates and calories from your menu.

Additionally, eating the thinner slices can actually make you feel fuller because we perceive the feeling of quantity to being satisfied with the meal.

Having three thin slices may make you feel as satiated as one large slice.



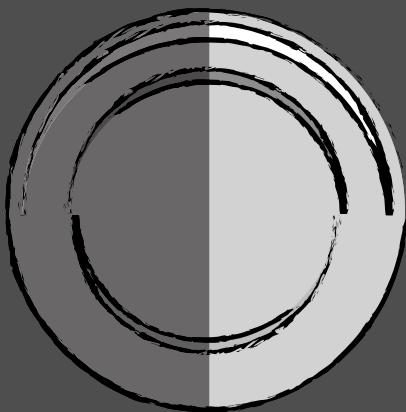
# DELIVERY DILEMMA



## **Make it a Meal.**

Add lean protein and vegetables. Lean(er) proteins like sliced chicken breast or even Canadian bacon over regular bacon can cut your fat by 60 percent. Then add complex fiber-filled carbohydrates like spinach. If you don't have control over ordering just keep some personal toppings in the fridge ready to go for pizza days at work.

# 5 SUPERFOODS FOR STRESSED DEVELOPERS



01

Asparagus. A good source of Pantothenic Acid, Calcium, Magnesium, Zinc and Selenium, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron, Phosphorus, Potassium, Copper and Manganese.

02

Cashews. A 1 oz serving of raw cashews provide 31% of recommended daily intake of copper, 23% of manganese and 20% of magnesium.

03

Oatmeal. Oats have a well-balanced nutritional composition, and one serving contains 117 calories. Raw oats are 66% carbs, 17% protein, 7% fat and 11% fiber.

04

Oysters. Two ounces of oyster has about 10% of your daily intake of protein and about 2 grams of carbohydrates. They're also high in calcium, potassium, magnesium, and vitamin B-12, as well as zinc and iron.

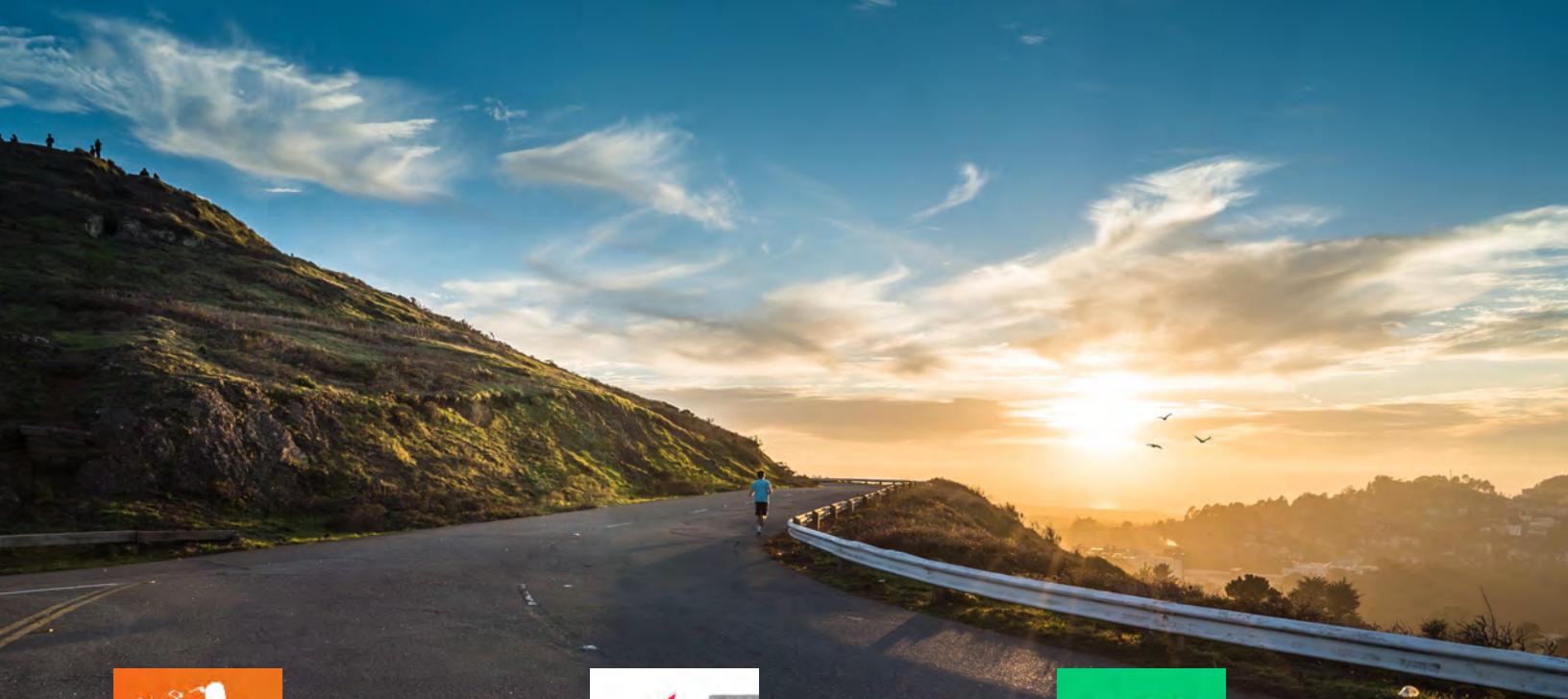
05

Walnuts. Walnuts are higher than most other nuts in polyunsaturated fats. The most abundant is the omega-6 fatty acid called linoleic acid. They also contain a relatively high percentage of a healthy omega-3 fat called alpha-linolenic acid (ALA).

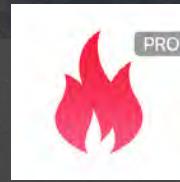


## APPETIZING APPS

It's spring time and the snow is (hopefully) just about gone. The roads have been cleared of ice and we don't have to dress up like the Michelin tire man to stay warm. Not to mention all of your favorite half-marathons and 5Ks are a couple months away. It's time to get out there and hit the roads running and these three apps will help you to get in top form after your hibernation.



ROCKMYRUN  
FOR THE ROCKER



RUNNING FOR WEIGHT LOSS  
FOR THE DIET DOOER



CHARITY MILES  
FOR THE GOODY TWO SHOES

This app provides GPS tracking via smart phone and watches but what makes it unique is how it mixes music. You can pick your favorite genres, and the music can be enhanced to a specific beats-per-minute (BPM) as set by yourself, your steps, or even your heart rate! RockMyRun tracks your progress, while lifting your mood.

This app is specially designed for weight loss. It includes unique interval plans of running, walking and sprint intervals for maximum calorie burning. It keeps record of every workout and track your overall progress and has thousands of mixes from talented DJs to keep your motivation going. Finally, the app includes specially tailored diet plans to maximize weight loss.

This app is best for runners who want each step to give back to the community. Log as many miles as you can by walking, running, or biking—and earn cash for your favorite organization. Each mile you walk or run earns the charity 25 cents, and each mile biked 10 cents. More than thirty charities have jumped on the bandwagon, so all you need is your feet to do your part. Best of all the app is free!

# A PPETIZING APPS YOU SHOULD HAVE ALREADY

# TECHIES WHO TRAVEL



## MEMORY AND MEMORIES

Mexico is one of the booming new tech sites across the globe. Whether you're going for recreation or references you can still make time to include some authentic healthful food to your fiesta. There are tons of great culinary options in tech based areas like

Roma, Condesa, and Polanco.

When you're munching and mariachi-ing remember to look for foods high in fiber to keep your waist in check and your mouth happy. So, here is the low down on fabulous fiber and you!

Over the last couple of years, fiber has grown in popularity for good reason – nutritionally speaking, it's a powerhouse. You can't seem to flip through a magazine (like this one hehe) without fiber making an appearance, plastered on the front of a new product, but all that fame may have you a bit confused about what fiber is, where it comes from, and why your bean tacos are important.

# SOS TACOS WITH BEANS #

Fiber is a substance found in plants. Dietary fiber, which is the type of fiber you can eat, is only found in fruits, vegetables, and grains. A low-fiber diet is not ideal because a diet high in fiber has been linked with a decrease in the risk of obesity, heart disease and diabetes. But there are three types of fiber and if you're getting your fiber via pill or powder, you still may not be getting each type.



**Soluble fiber.**

This type of fiber attracts water and turns to gel in your small intestine. The fiber gel prevents bile from being absorbed back into your body, which results in the liver using cholesterol already in your body, to make more thus reducing your blood cholesterol level. Soluble fiber is found in high quantities in oat bran, barley, nuts, seeds, **beans**, lentils, and peas. It is also found in psyllium, a common fiber supplement.

**#SOLUBLE****Insoluble fiber.**

Found in foods such as wheat bran and whole grains, it adds bulk to the stool and appears to help food pass more quickly through the stomach and intestines. Insoluble fiber also helps keep your intestine fit by acting as a force to push against. This can help prevent constipation.

**#INSOLUBLE**



# #FWORD

## **Resistant starch.**

# #TRAVEL

This one you may not have heard of! This fiber is starch and starch degradation products that escape from digestion in the small intestine of healthy individuals. Studies have shown that it may shut down some of the hunger hormones, which the other two types do not seem to do. The richest food sources for resistant starch are green bananas, plantains, cooked-and-cooled potatoes, cooked-and-cooled-rice, and cooked-and-cooled legumes.

The national fiber recommendations are 30 to 38 grams a day for men and 25 grams a day for women between 18 and 50 years old, and 21 grams a day if a woman is 51 and older. Another general guideline is to get 14 grams of fiber for every 1,000 calories in your diet.

So don't be afraid of the F-word!  
Be passionate and persistent  
about the three types of fiber in  
order to be at your best on the  
go.



# OVERNIGHT OATS FOR THE OVER WORKED

BY JESS CORDING, MS, RD

INPUT:

$\frac{1}{3}$  CUP ROLLED OATS

1 TABLESPOON CHIA SEEDS

$\frac{1}{4}$  TEASPOON CINNAMON

$\frac{1}{4}$  TEASPOON VANILLA EXTRACT

$\frac{2}{3}$ -1 CUP MILK OF CHOICE

OPTIONAL MIX-INS:  $\frac{1}{2}$  A BANANA,  $\frac{1}{2}$  CUP BERRIES

(OPTIONAL) 1 SCOOP PROTEIN POWDER

TOPPINGS: FRUIT, NUTS, NUT BUTTER, SHREDDED COCONUT.

OUTPUT:

COMBINE OATS, CHIA SEEDS, CINNAMON, VANILLA, AND MILK. IF USING FRUIT, COCONUT, OR PROTEIN POWDER, ADD NOW.

STIR TO MIX WELL AND COVER. STORE IN THE FRIDGE AT LEAST 4 HOURS OR OVERNIGHT.

WHEN YOU'RE READY TO EAT, REMOVE LID, STIR, AND TOP WITH DESIRED TOPPINGS.

THIS CAN BE ENJOYED HOT OR COLD. IF YOU WANT TO HEAT YOURS UP, UNCOVER AND POP IN THE MICROWAVE FOR A MINUTE OR UNTIL WARM. GIVE IT A GOOD STIR AND ADD YOUR FAVORITE TOPPINGS. (SERVES 1)





Instagram recently joined parent company Facebook in taking steps to help its users suffering from eating disorders. The initiative borrows from a tool created by Facebook to address self-harm and suicide.

### Can we help?

Posts with words or tags you're searching for often encourage behavior that can cause harm and even lead to death. If you're going through something difficult, we'd like to help.

[Get Support](#)

[See Posts Anyway](#)

[Cancel](#)

# AIR AMAZING FRYING

## What is it?

Contrary to popular belief, an air fryer doesn't deep-fry anything. The air fryer is a kitchen appliance that cooks by circulating hot air around the food. A mechanical fan circulates the hot air around the food at high speed, cooking the food and producing a crispy layer via the Maillard effect. Traditional frying methods induce the Maillard effect by completely submerging foods in hot oil. The air fryer works alternatively by coating the desired food in a thin layer of oil while circulating air to confer energy and initiate the reaction. By doing this you can fry foods while using between 70% and 80% less oil than a traditional deep-fryer.

## Is it safe?

When compared to a traditional deep fryer, the air fryer is much safer. A fry basket with its traditionally open top, can easily allow hot droplets of cooking oil to escape or splash out, which is not possible with an air fryer. Deep fried foods are also much higher in caloric content, due to the oil absorption which occurs in their preparation. The air fryer is cooking up to about 400 degrees Fahrenheit, so it is important to give the food enough time to cook all the way through.

## What to fry?

You can cook just about anything that fits in the basket but some of the most popular things to cook are French fries, potato chips, chicken breast, steak, fish, cake/muffins, quiche and eggs, if used with an egg poacher tray.



# UX: SAKE, STEAK & STANDING



BY SCOTT KEATLEY, RD

Working all day in an office can be difficult. We're sitting at desks for hours-on-end and can find ourselves getting into a rut where we mindlessly snack on whatever is around us as project deadlines loom. But I'm here to tell you that we can break out of this rut and do it with true baller status with these two additions to our lunch time routine.



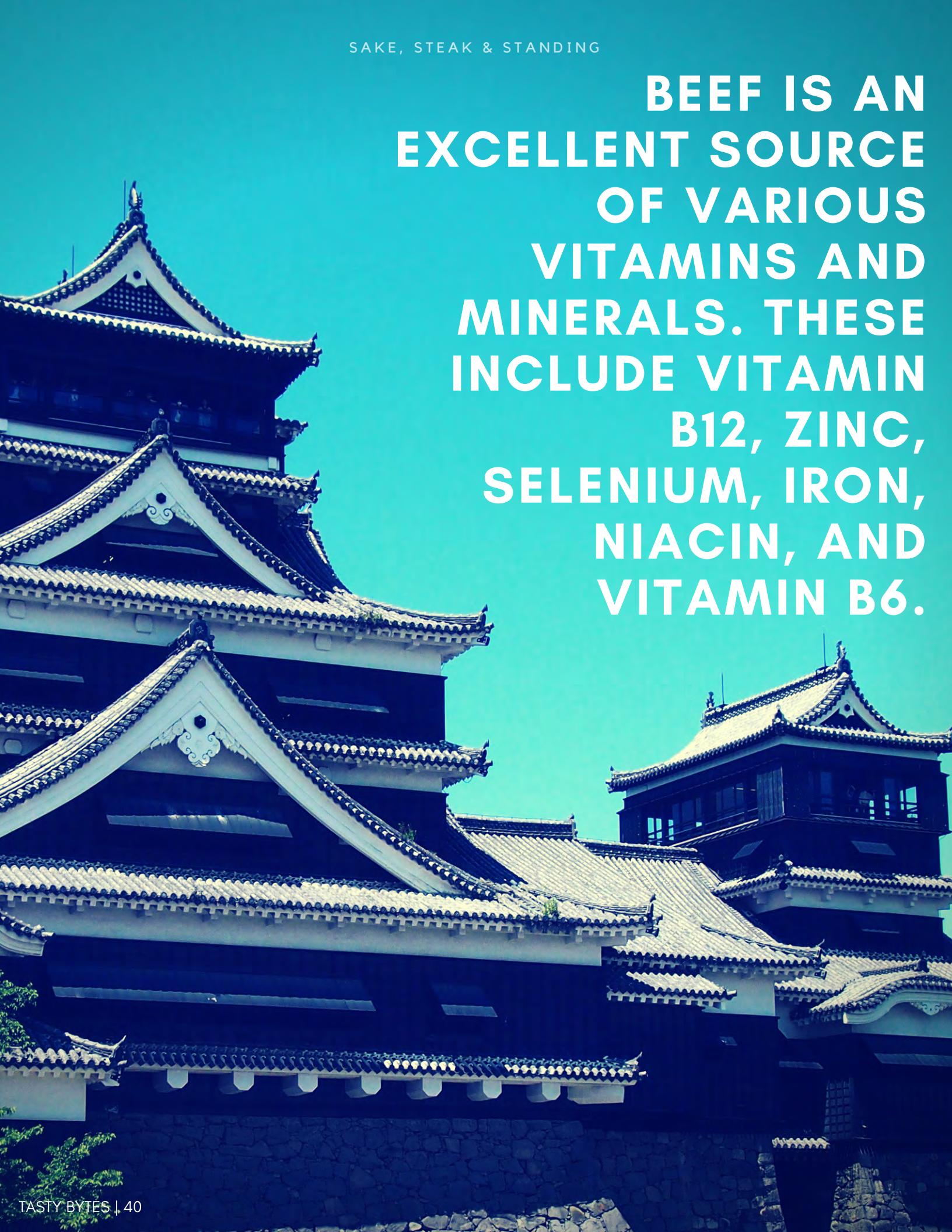
Before we start with the additions, we have got to change the lunch time rules. I'm talking about drinking. Now, if you're about to head into surgery or are manning the forklift, stick to your teetotaling ways. But for the vast majority of us, moderate alcohol use has potential health benefits. Just to be clear, I'm not talking about kicking back drinks like you're on spring break circa 1998, I'm talking about 1 to 2 drinks maximum. The science on the benefits of a couple drinks are well documented, it may reduce your risk of developing and dying from heart disease, possibly reduce your risk of ischemic stroke and possibly reduce your risk of diabetes. Not to mention the break in the day will make you a more productive person and, as some research has found, make you happier throughout the day.

But I want to go even further, I know there may be a few craft beers in the fridge, but let's try something a little more exotic, something new to talk about—sake.

I visited my friend Shohei Shimokawa, founder of SAKEBOYS, to give me a quick tour of options and clear up some questions I had about sake. He tells me that sake, in Japan, is known as the "healthy alcohol" due to it having vitamins, minerals and essential-amino-acids. With so many options for sake Shohei tells me that there are only two things we should worry about when picking a sake for lunch: size and food pairing options.

For size, he recommends going light for lunch drinking, which your boss and co-workers will appreciate. Sake comes in 300mL (10 oz) small bottles which is perfect because it's handy and easy to share. For lunch, especially if we're getting delivery, Shohei recommends Honjozo-type sake—it is known as the best sake to drink during a meal. And since traditional delivery foods, e.g. pizza, tacos, and pad thai, are well seasoned, a full-bodied sake like this goes very well. Specifically, he suggests, Azumacho tokusen, Azumacho kinmon, Bandai Takeshizuku and Bandai Hakata no Mori. The Hakata no Mori was my personal favorite, as it enhanced the umami flavor of the beef in our tacos. After spending some time with Shohei and SAKEBOYS, I'm certainly ready to add some sake to my lunch routine.

My second addition to the lunch routine is a bit of a stretch, literally. I'm talking about standing while we eat lunch. This may sound unusual but there is some science behind this. New studies suggest that bones may be involved in tracking weight and controlling appetite. Think about it like this, our bones may sense how much weight we are putting on them, so if we're standing, we have our full current weight on them, but when we sit it's only about 80%. Our bones may be in full panic thinking that we've lost 20% of our body weight and releasing hormones to help us build that weight back.



BEEF IS AN  
EXCELLENT SOURCE  
OF VARIOUS  
VITAMINS AND  
MINERALS. THESE  
INCLUDE VITAMIN  
B12, ZINC,  
SELENIUM, IRON,  
NIACIN, AND  
VITAMIN B6.

If I want to get my grub on while standing I'm heading to Ikinari Steak—a stand up steak house which recently opened its doors in the USA. The idea behind Ikinari Steak is to serve super thick high-quality meat quickly and economically. They took out most of the chairs and you stand while consuming their steaks. This has been going on for centuries in Japan, they have stand-up sushi, noodles, steak, tempura and booze—they call this "tachigui". In addition to the health benefits of standing, Ikinari has the 'Niku mileage Card' which is a member's card that allows you to keep track of how much steak you've eaten. The weight of steak you've consumed will accumulate as Niku mileage; and there are rewards as it grows. It's a fun way to have a high-end meal and combined with the recent research on standing it's a win-win.

So, if you're looking to get a bit healthier or just break out of the standard lunchtime routine, take my advice and add a little bit of sake to your delivery or head out and enjoy a little tachigui by standing while you enjoy your meal.

Find locations for Ikinari Steak at [ikinaristeakusa.com](http://ikinaristeakusa.com).



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# 3 won't die

## Office Herbs

01

### THYME

In the mint family, and a relative of the oregano.

02

### BASIL

The name "basil" comes from Latin, Basilius, and Greek "royal/kingly plant".

03

### MINT

Mentha is a genus of plants in the family Lamiaceae.





Growing old school herbs in an office is super easy. All you need is a few seeds, some dirt, light and a bit of water however if you feel the need to go digital check out these picks for these tech friendly mini gardens that will brighten up your cubicle and make you the envy of the team in no time.

### THE SMART GARDEN 3

The Smart Garden's adjustable LED lamp furnishes plants with an enhanced light spectra that spurs growth. Thanks to the lamp's improved modular construction, there's no limit to how tall your plants can grow.



### MIRACLE-GRO AEROGARDEN BOUNTY ELITE WI-FI - RED STAINLESS

With room for 9 plants and 45 Watts of LED Lighting, the AeroGarden Bounty Elite Wi-Fi is the largest and most powerful AeroGarden to date and it has an elegant red stainless steel finish. It comes with a choice of 5 different seed kits that will bring fresh herbs, salad greens, flowers or vegetables to your counter. And with the free AeroGarden App and your Bounty Elite Wi-Fi, your plants will tell you when they need water or nutrients with friendly alerts on your smart device.

COURAGEOUS CONDIMENTS CURATORS.

WORTH A LICK



The origin of Mike's Hot Honey goes back to 2003, when founder Michael Kurtz was first introduced to the concept of chili pepper-infused honey while living in Brazil. Upon his return to the States in 2004, Mike began experimenting with honey infusions and created his first batch of chili pepper-infused honey which he aptly named Mike's Hot Honey. Eventually, the demand for Mike's signature honey grew so great that it was only natural to go into business sharing this special treat with the rest of the world and thus Mike's Hot Honey, Inc. was born.



Instagram  
MIKESHOTHONEY

SWEET READ  
BY ALLISON THU TRAN



# Confectionery Cult

If you have a sweet tooth like me, you will find any way to satisfy your need for sweets after every single meal. But what if you don't have a nearby bakery to run to during your lunch break, an extravagant dessert bar at the office, and your investment in food delivery apps is getting too pricey? A timeless sweet fix that you can get anywhere and bring anywhere is candy!



VINTAGE CANDY

A group of engineering students from Purdue University reported that its licking machine, modeled after a human tongue, took an average of 364 licks to get to the center of a Tootsie Pop.

Twenty of the group's volunteers assumed the licking challenge—unassisted by machinery—and averaged 252 licks each to the center.





As timeless as candy is, maybe the options from your vending machine at work are getting boring. You can explore the different candies of years past, and will most likely be able to find a candy that will satisfy all of your current sweet cravings.

If your usual sweet cravings include chocolate ice cream and s'mores, maybe stock up on some 1920's Rocky Road Bars for work. Need some extra zip after staring at a screen for hours? Maybe pop a Pez or some Pixy Stix. They're fun to eat and easy to share! Don't have time for your lunch break and want a sugar rush that will keep you going the entire day? A jawbreaker will surely last you, maybe even up to a whole week! Maybe you'd like some chewy candies to help keep you awake at your desk, and you're tired of Milk Duds. Some Charleston Chews or Double Bubble could do the trick. If you prefer something fruity over chocolatey or nutty, the nearly extinct Jujufruits might be something to try, though these vintage fruit snacks have a milder sweetness when compared to crunchy and chewy Haribo gummi raspberries and blackberries, or even as compared to modern day Welch's fruit snacks.

Tootsie Rolls are timeless fruit chews that you can still get almost anywhere, or, if you are in need of a short laugh after a ridiculous bicker with your coworker, the jokes behind each Laffy Taffy wrapper can get your mind off of work for a precious second or two. As for fiestas or office parties in the spring, you can celebrate with candy necklaces, or, once Easter hits, maybe bring something festive for you and your coworkers to snack on, like Marshmallow Peeps.

With all this vintage candy talk, where can you find these lost treasures? Many cities have vintage candy shops full of sweet treats from the past to sate your sweet tooth. If you work in the core of downtown San Francisco, Powell Sweet Shoppe is a great place to find your vintage sweets. Working in New York? Try Handsome Dan's in Brooklyn, which offers much more than just vintage candies, including snow cones and old-school sodas.

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