

YOUR FAVORITE HUNGRY TECH MAGAZINE



TASTY BYTES

4 NERDS
THAT
NIBBLE



SUMMER / 2018

DON'T BE A SUCKER: STRAWS
HACKING THE HOT POT
ARE YOU A FOOD PORN ADDICT?

A

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SUCKER: STRAWS

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38/ARE YOU A FOOD PORN
ADDICT?

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

ROBERT WILKINS
FULL STACK DEVELOPER

This summer, I'm all about going low carb. I'm getting more fresh seafood like clams and oysters and dialing down my beer from a heavy red ale to a Flying Dog Kerberos Tripel. Also, I just bought a waffle maker, so I'm switching out my traditional flour and using this stuff called Fiberflour instead, which is low carb but has some fiber which keeps me, um, regular.

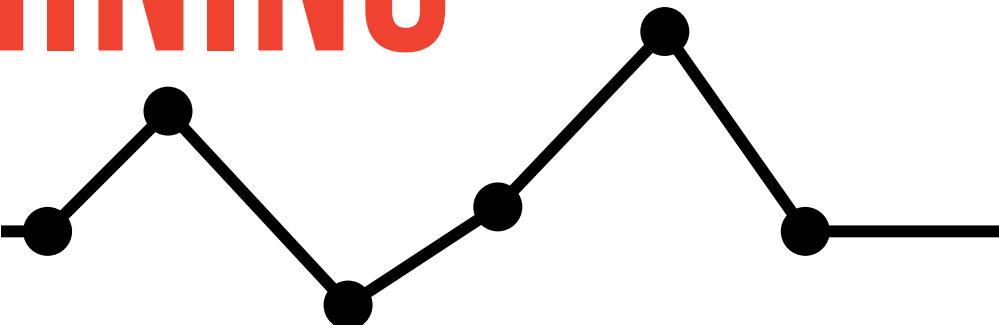
BARRIE SCHWARTZ,
CEO MY HOUSE SOCIAL

During the summer I like to get out, explore and be inspired—being in NOLA makes that very easy. Right now I'm loving fusion and festivals! Some of my favorite treats are French Onion Soup Dumplings, which is classic New Orleans with an Asian inspired twist, and spiked cotton candy, because nothing says, "this is a party" like a huge fluffy mass of sugar and booze.

JESS LACKER
APPLICATION DEVELOPER

Being in Detroit I can't wait until the warm summer months. I am totally doing some outdoor grilling and picnic madness. I will be adding in Kimchi, an Korean fermented cabbage. I am also working on my own unique spicy pickle recipe. I add a mixture of red dried hot chili peppers along with your normal pickling ingredients. You can also try it with beans and summer squash. Spicy time!

DATA MINING MENUS



THE LICKIN DON'T STOP: ICE CREAM

By Peter Thomas

scooped





Nothing is a reminder that it's summertime like taking a cool lick from an ice cream. It's like an electric shock to the body telling us, "Hey, this is good" and can take us right back to our childhood when we chased the ice cream truck down the street with a couple bucks worth of change in hand. But times have changed and we can't get away from the office to hunt down that ice cream truck anymore, but that doesn't mean we can't indulge.

Here are a few new ice creams that are a must have for the summer whether you're at work or in the park:

Coolhaus

Street Cart Churro Dough: Brown butter ice cream with cinnamon sugar churro dough and chocolate chip swirl.

Slim Twin

Low-cal, high-protein ice cream: Available in lemon cookie and vanilla, this ice cream won't hurt the waist line as it comes in at about 80 calories per serving and contains about 24 grams of protein.

Clementine's Creamery

Boozy Ice Cream: Clementine's has a patent pending trade secret process for infusing alcohol into ice cream up to 18%. Unique flavors include Maple Bourbon with Salted Candied Pecans to Manhattan Cold Fashion.

So Delicious

Blueberry Cardamom: Bright blueberries, a little cardamom spice and organic coconuts make a delicious flavor combo in this creamy coconutmilk frozen dessert.

eCreamery.com

Customized Ice Cream Delivery: You can create your own unique flavor of ice-cream or personalize a package with seasonal favorites right from your iPhone.

3 ounces of cooked
lobster will give you
just 76 calories.

Eat
Me

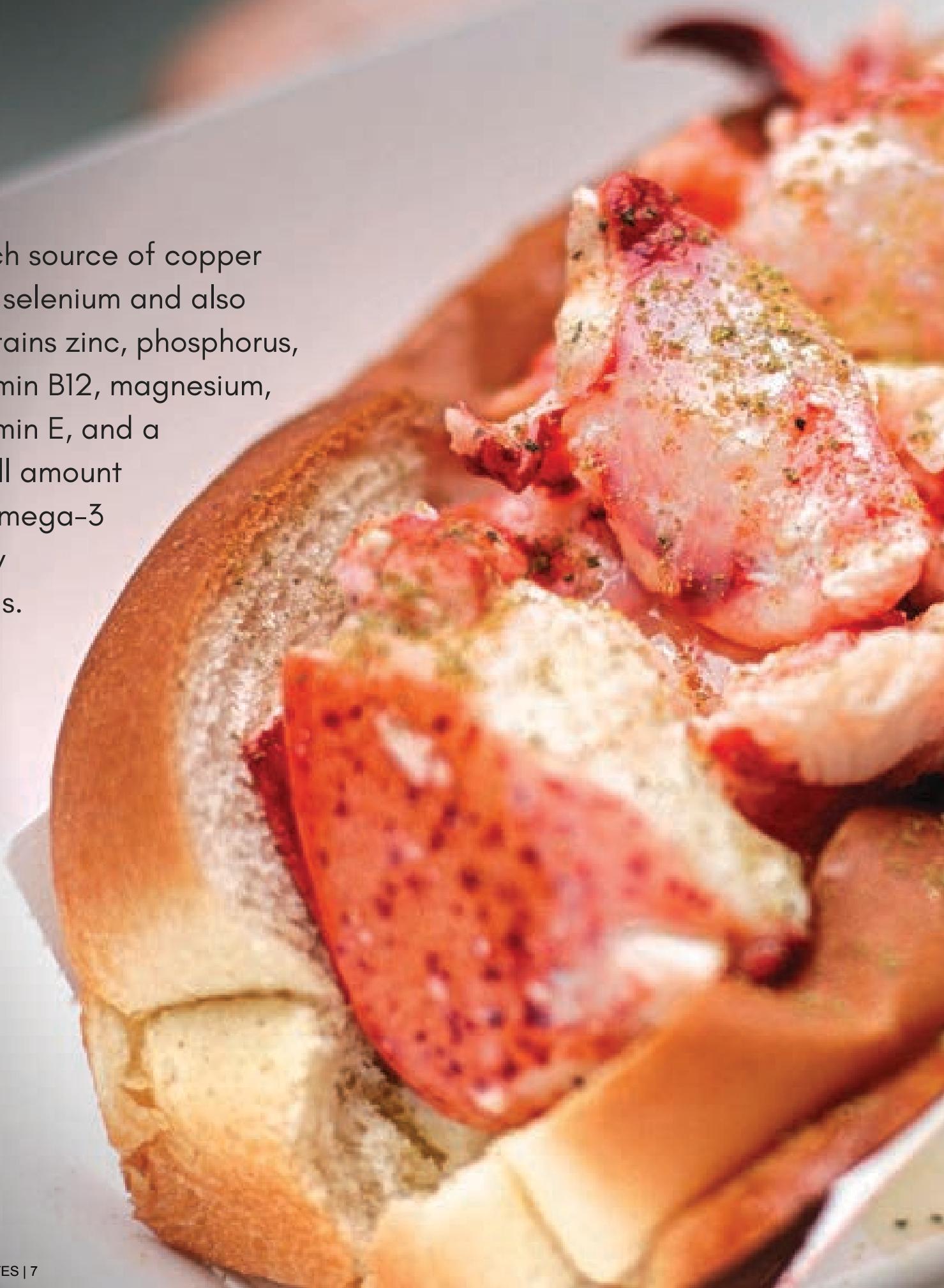


Many view Mainers
Bayley's Lobster
Pound at Pine Point
as the inventor of
the famous lobster
roll.

Spiny Caribbean
lobsters have no
claws and are sold
mainly for their tails.

Maine lobsters are
clawed lobsters,
and have big,
meaty claws.

A rich source of copper and selenium and also contains zinc, phosphorus, vitamin B12, magnesium, vitamin E, and a small amount of omega-3 fatty acids.

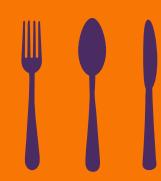


Summer BBQ's & U

By Ryan Miller

It doesn't matter if it's charcoal or gas. If It's summer and you are living in the Americas you're doing BBQ. If you have ever tried to host your own outdoor meat feast you know it can be a ton of work with a slight chance of fire. So skip the prep and head to one or all of these summer must eats staring heat and meat!





May 25-28 | Roc City Rib Fest:
Location NY
360 Maiden Ln
Rochester, NY

June 3 | Clustertruck BBQ & Brew Festival:
Location MA
Kalon Farm
339 Seven Bridge Road
Lancaster, MA

June 7-10 | Twin City RibFest:
Location NC
414 Deacon Blvd
Winston-Salem, NC

July 7 | South Sound BBQ Festival:
Location WA
618 Woodland Square Loop SE
Lacey, WA

August 25th | Breckenridge Hogfest Bacon & Bourbon:
Location CO
505 South Main St.
Breckenridge, CO



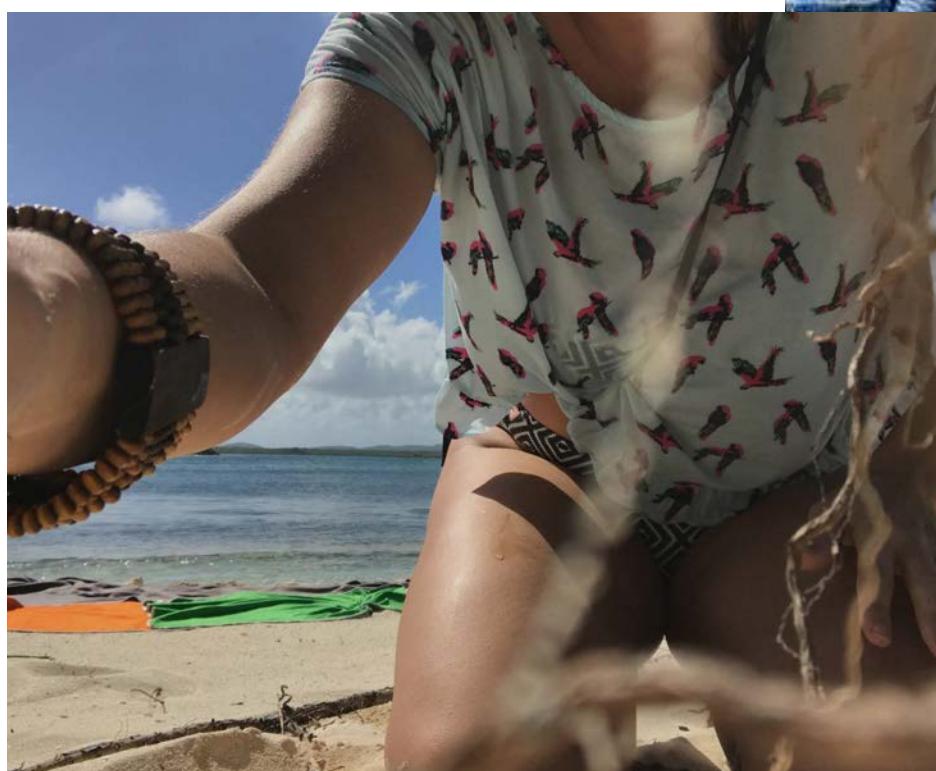
DON'T BE A SUCKER

By Ansley Hill, RDN

Sometime in early January my browser history begins filling up with big plans for all of the exotic beaches I'll be visiting, margarita in hand, when my favorite season rolls around. The reality is that the most exotic beach I'll visit is on the Columbia River and I'm actually crafting my summer plan as soon as I realize it's too cold to comfortably wear sandals anymore. I adore everything summer has to offer—from camping trips to sundresses, to salads and smoothies, to coconut water and cold brew. I even savor the extra sweaty workout sessions I have in my AC-free upstairs apartment.

I realize not everyone shares my obsession with the season's sweltering heat, but I think I'd be hard pressed to find someone who doesn't at least enjoy the classic pastime of sipping icy beverages on a porch or patio on a warm summer evening (queue wine slushie intro). This year, as you swap your latté for a frappé, I challenge you to re-think your drink. I'm not talking about the content of your cup, but the way you're consuming it. Consider the straw.

I think we can all agree that beach vacation photos are a lot less "Instagram-able" when there's a pile of trash along the coastline. Yet, according to a 2015 study published in the Science Journal, 8 million tons of plastic are dumped into the ocean each year. The US rolls in at 20th place for the largest contribution to this waste. The National Park Service estimates that 500 million straws are used per day in the US and they're one of the top 10 pieces of trash collected in beach cleanups globally. Straws are particularly problematic because they're not recyclable, they're single use (not to mention this single use is typically less than 20 minutes), and they're often mistaken for food and consumed by marine life. Furthermore they're a beverage luxury that is relatively easy to do without.



THERE IS 5.25 TRILLION PIECES OF PLASTIC DEBRIS IN THE OCEAN.
100,000 MARINE CREATURES A YEAR DIE FROM PLASTIC ENTANGLEMENT
13,000-15,000 PIECES OF PLASTIC ARE DUMPED INTO THE OCEAN EVERY DAY



Americans use 500 million drinking straws every day.

GO STRAWLESS.

Several organizations and municipalities around the country, like Seattle's "Strawless in Seattle" campaign, are working to encourage businesses and consumers to take the pledge to "stop sucking" in an effort to keep our oceans, beaches, and food supply cleaner. Seattle is set to be the largest metropolitan area to ban single use plastic straws by July 2018. If the thought of all those summertime smoothies sans-straw is getting you down, don't worry! There are tons of reusable straw options available on the market so you can avoid that less than chic green juice mustache and still join this worthy cause. Don't be a sucker. Get more likes. Go strawless. [Insert victory meme here].

MEN ARE GETTING MORE AND THEY SHOULD BE

I can already hear the email dings coming in from women enraged by the concept that I feed my husband more food then I feed myself. But no worries ladies and enlightened men, I am not being starved or subservient—I am working those nourishing numbers. The truth is most, not all, but most women should eat less than men. This is not sexist or misogynistic it's simply science. In fact, it's biochemistry that says, lean body mass, i.e., muscle, needs more calories to be maintained than adipose (fat) tissue and women, by and large have less muscle and more adipose than men.

Here are two ways females should consume differently than males:

Eat Less—Fork This.

That's right ladies we need a lower caloric intake to maintain a healthy weight. The average man (150lbs, 5'9, 30 yrs old) needs about 1,630 calories to maintain his weight, whereas the average woman (150lbs, 5'9, 30 yrs old) only needs 1,450 calories. Remember, these calories should always be from varied nutrient-dense menu options. Nutrient-dense foods are foods that have a bunch of nutrients but relatively few calories. If you learn to choose foods that have low calories and high bulk like popcorn instead of chips you can also expand your plate without expanding your waistline.



By Maria Lopez

Skip the Sips.

Not only do we have to curb our snack sessions we also have to be cautious with getting our drink on. They get two glasses and we only get one!

Alcohol, when consumed in moderation (one drink every other day for women and two for men) may be good for the heart and circulatory system and perhaps defend against type 2 diabetes. Most women weigh less than men and that is one of the reasons they can process more alcohol in a safer manner. If you are keeping up with your male partner, drink for drink, your blood alcohol concentration tends to be higher, putting you at greater risk for harm.

By now I am sure you're staring at the man in your life with disdain but slow your roll he's got his own set of problems to deal with. Men are more likely to get cancer than women, and also more likely to die from the disease. They also get more heart disease than women. So, when it comes to food and sex of course it's complicated but accepting we are different but equivalent may get you in the mindset to embrace your customized menus so you can be the best, most powerful woman you can possibly be.

me love Koneko

Bright, upbeat cat cafe offering espresso,
Japanese snacks, pastries & sake, plus
adoptable felines.



26 Clinton St, New York, NY 10002

Koneko's central mission is to find loving homes for cats pulled from the city's "at-risk" list by our partner, Anjellicle Cats Rescue. The at-risk list is the last stand for New York City's cats - they are scheduled to be euthanized shortly thereafter.

Intern Pick.

where they hide from the evil magazine staff

OFFICE EATS: PIZZA

BY FRANCISCA HECTOR





I have never met a person who dislikes pizza, and frankly I am not sure I can put my trust in someone who does! The love for these open-faced pies has the power to bring people together to share a meal or tear people apart as they fiercely debate issues like: deep dish or thin crust? Classic or hybrid pizza? Anchovies or no anchovies?

Despite all of the love it gets, pizza has also gotten a bad reputation and is usually labelled as a "junk food". However, as an evolved species, it may be time to get rid of these labels and examine each pizza on a case by case basis.

Pizzas are essentially a blank canvas. Modern cuisine has afforded this dish a make-over like no other, and it is the one food that you can really have it your way - including completely vegan and gluten free. It is possible to have all of the food groups on one slice of pizza, making it perfect for long days at the office. There are breakfast pizzas, dessert pizzas, pizzas with cauliflower crust and even pizzas with fresh tossed salad toppings like arugula, spinach and lettuce. How perfect is that!

Not sure what to eat today? Take a walk on the wild side and try a pizza with toppings you have never tried before.

TO GO

MUST EAT NEAR YOU

- Chicago, IL

Pequod's Pizza

The place is a must for delicious deep dish with a caramelized crust.

- Newport Beach, CA

Pizzeria Mozza

They turn out acclaimed wood-burning oven pizzas & antipasti.

- New Haven, Connecticut

Frank Pepe Pizzeria Napoletana

Down to earth dining, famous for its white clam pizza.

- Washington, D.C

Timber Pizza Company

They have famously tasty vegan cheese pizza pies.

- Hamilton, New Jersey

DeLorenzo's

Home of the tempting Trenton Tomato Pie.

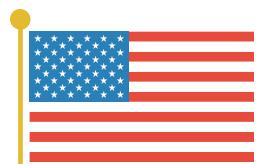
- Seattle, WA

The Independent Pizzeria

Cozy neighborhood pizzeria features wood-fired pies with creative toppings in a relaxed atmosphere.

SIMMER

(T I Q C)



HOARDING HOT DOGS

ACCORDING TO THE NATIONAL HOT DOG AND SAUSAGE COUNCIL (NHDSC) AMERICANS ARE EXPECTED TO EAT 150 MILLION HOT DOGS OVER THE JULY 4TH HOLIDAY ALONE, PART OF THE 7 BILLION HOT DOGS EATEN OVER THE SUMMER SEASON FROM MEMORIAL DAY TO LABOR DAY.

2017

MEN'S

United States Joey "Jaws"
Chestnut **72**

WOMEN'S

United States Miki Sudo **41**

2016

MEN'S

United States Joey "Jaws"
Chestnut **70**

WOMEN'S

United States Miki Sudo **38½**

2015

MEN'S

United States Matt "Megatoad"
Stonie **62**

WOMEN'S

United States Miki Sudo **38**

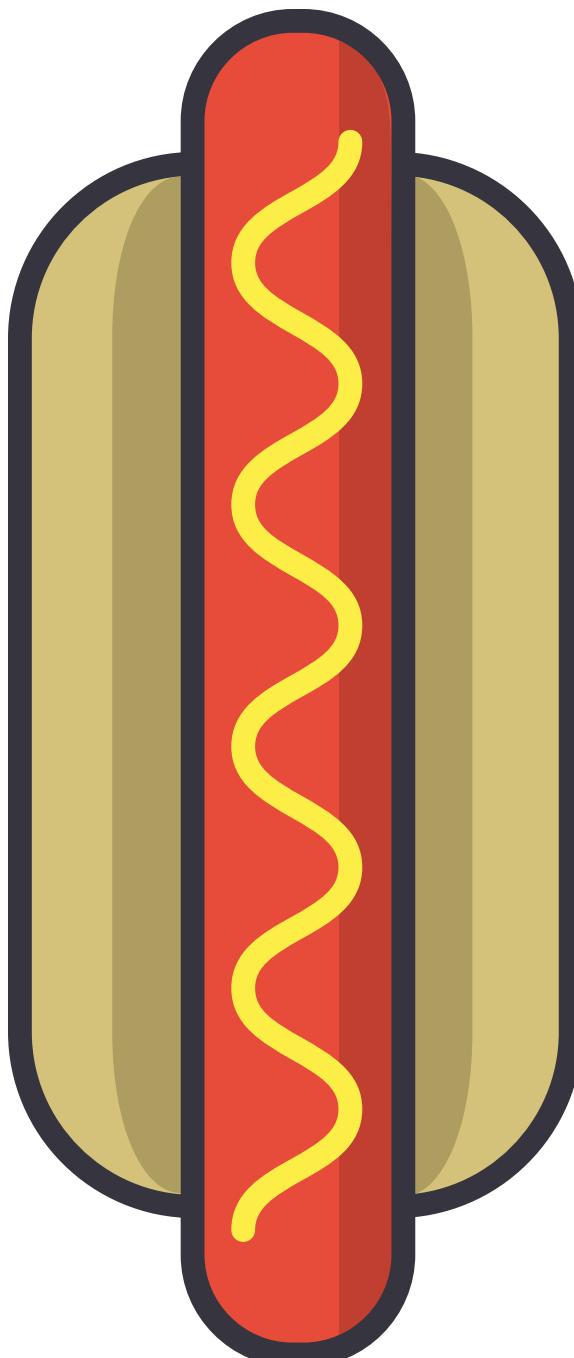
2014

MEN'S

United States Joey "Jaws"
Chestnut **61**

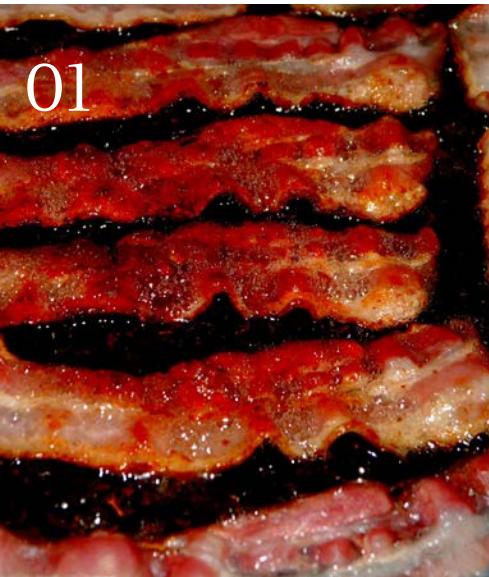
WOMEN'S

United States Miki Sudo **34**



HAPPY 4TH!

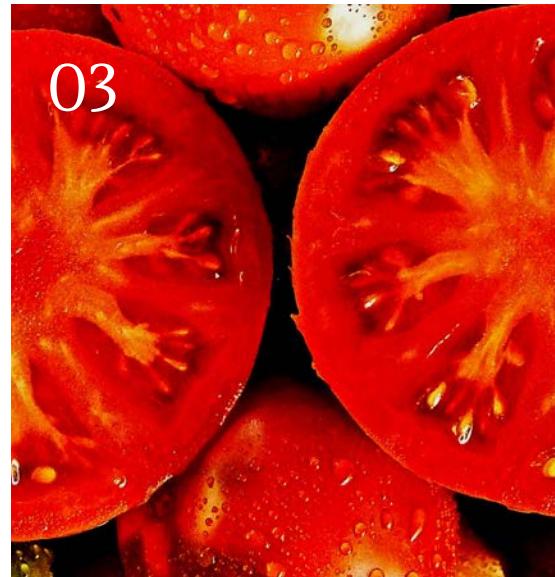
SIMPLE SUMMER BLTS



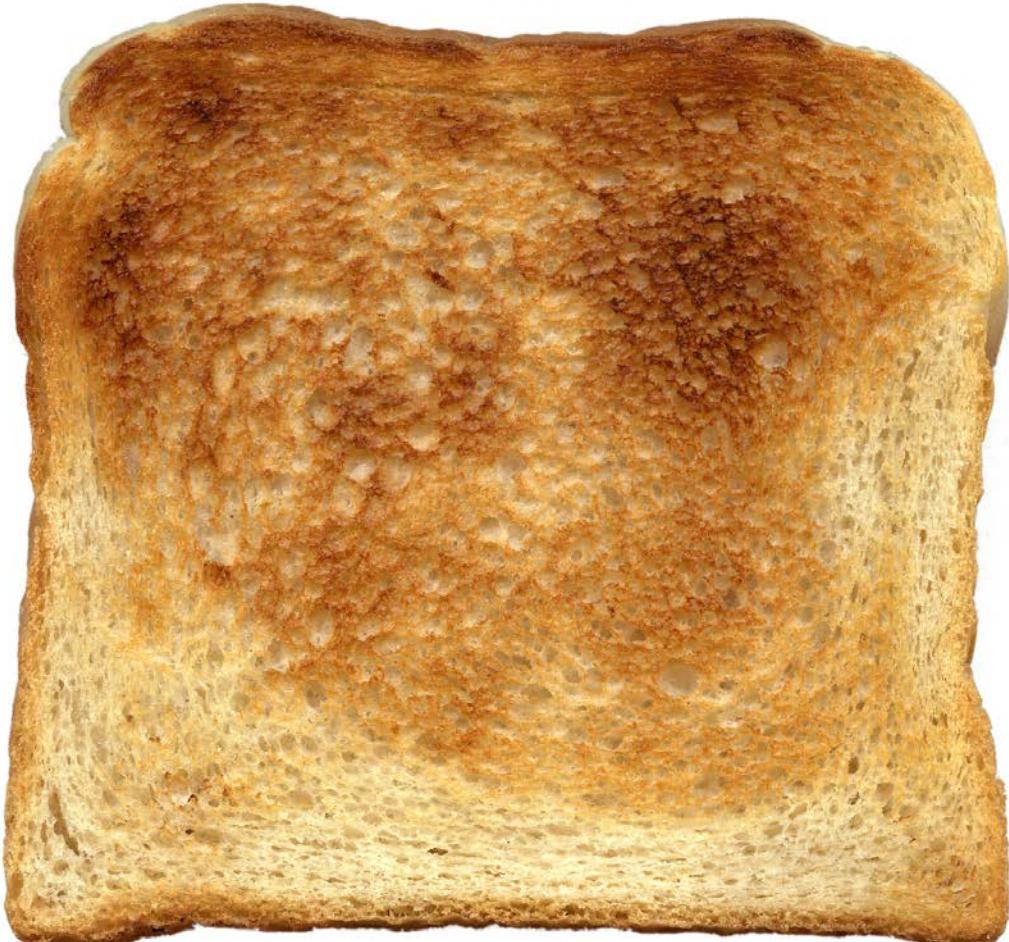
01



02



03



Summertime is primetime to enjoy a refreshing BLT. The trick to mastering this staple is simple and seasonal ingredients. Tomatoes are in peak season and deserve to be enjoyed at their sweetest and juiciest. Combine them with crispy lettuce and smoky bacon for a perfect trio of taste. Try this classic recipe with the addition of avocado for extra flavor.

AVOCADO BLT

Ingredients:

3 slices thick-cut bacon
1 large vine ripe tomato, sliced
2 slices quality sandwich bread
2 tbsp mayonnaise
1 ½ cups iceberg lettuce, shredded
½ ripe avocado, sliced
Salt and pepper

Directions:

Cook bacon on skillet over medium heat, flipping until browned on both sides; set aside on a paper towel-lined plate. Toast bread and spread insides with mayonnaise. Top evenly with shredded lettuce and sliced tomatoes; season with salt and pepper. Top with bacon and sliced avocado. Combine halves, slice cross-wise and enjoy!





CAPRESE BLT

The only thing that could arguably make a perfect sandwich even better is cheese. Adding creamy mozzarella to this Italian spin on the BLT results in melted magic. Substitute pancetta for bacon and basil for lettuce for authentic Italian flavors. Molto bene!

Ingredients:

- 3 pieces pancetta, sliced thin
- 1 large vine ripe tomato, sliced
- 2 slices ciabatta bread
- 2 tbsp mayonnaise
- Handful of basil leaves
- 2 oz mozzarella, sliced
- Salt and pepper to taste

Cook pancetta in skillet over medium heat, flipping until browned on both sides, set aside on a paper towel-lined plate. Spread inside of ciabatta slices with mayonnaise. (Sounding familiar?) Top each side with a few basil leaves, mozzarella, and tomato; season with salt and pepper. Add cooked pancetta and combine halves. In the same pan, cook the sandwich over medium heat, a few minutes each side, until cheese is melted and bread is crisp. Slice cross-wise and savor.

The background image is a close-up of a golden-brown pie crust with a bite taken out of it, showing the filling inside.

The body mass index is a value derived from the mass and height of an individual.

BMI FYI

Two things you should know about your BMI that are easy as pie:

Stop Eating Pie.

Not really, but in all seriousness what is BMI? It is body mass index, and is a measure of body fat based on height and weight.

The BMI categories are underweight = <18.5, normal weight = 18.5-24.9, overweight = 25-29.9, and obesity = BMI of 30 or greater. It's easy to calculate using your height & weight and Google has a built in calculator for you to use. Just "google" BMI Calculator. Although BMI is a valuable measure of overweight and obesity it's not perfect. If you are a gym rat and have a very muscular build it might not be as effective for you, plus if you're pregnant or a child this scale is not for you. Nevertheless the greater your BMI, the more your risk for certain diseases, such as high blood pressure, cardiovascular disease type 2 diabetes and certain cancers.



Ravage Your Resources.

Ok, so now that you know where you are on the scale what are you going to do about it? Use the resources available to you! Next time you see your doctor let them know you are aware of BMI. This is something many medical professionals assume you already know, luckily, now you do! Have them help set a goal for you. Working with your MD can help you be realistic about modification. If your BMI is 35, in the obesity range, getting to 25, normal range, might not be a great 90-day goal. Instead try and go from 35, to 34 or maybe even 33 but keep in mind you are working towards wellness and its not always a linear path. If your insurance covers preventive care, see a dietitian or check and see if they reimburse for gym costs. Getting into a normal BMI range, 18.5-24.9, is the goal of many employers to reduce healthcare costs, so check for free or low cost wellness programs at your office as well. There may be more resources available for you then you think, especially now that you have some nutritional education and measurement standards. There is no shame in using your circle of colleagues and professionals to help point you in the right direction to health.

B
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FOODS WE LOVE

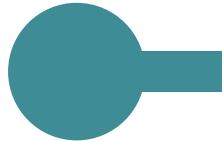


HACKING THE HOT POT

Hot pot is a Chinese soup containing a variety of East Asian foodstuffs and ingredients, prepared with a simmering pot of soup stock at the dining table.



By Lin Huan



Stock + Spices

You can make your soup base original (Qing Tang), spicy (Hong Tang) or half & half.

OUR INGREDIENT PICKS

- 01** Enoki mushroom is an edible Japanese mushroom, growing in clusters, with slender stems & small caps.
- 02** Baby bok choy is a Chinese cabbage forming an open head with long white stalks and green leaves.
- 03** Tong ho is part of the Daisy family (Compositae). This is an annual herb can reach over 60 cm when flowering.
- 04** Tofu is a curd made from mashed soybeans, used chiefly in Asian and vegetarian cooking.
- 05** Udon noodle is a type of thick wheat flour noodle of Japanese cuisine.



When creating your own hot pot you can choose from a variety of meats and/or seafood. Just keep them small and thin so they cook evenly and fast. Quick tips for meats: you can freeze them and slice them frozen so you can get the meat as thin as possible.

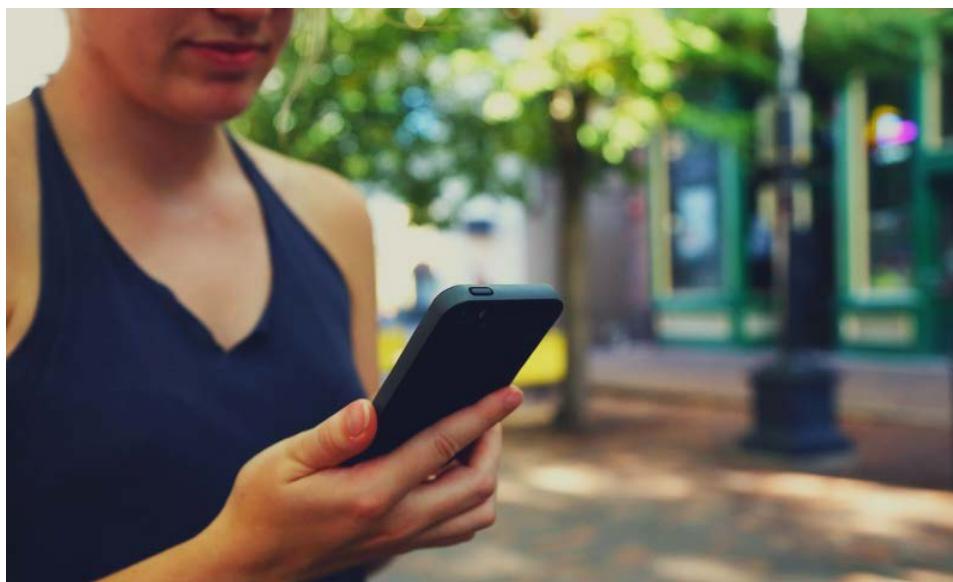
- 01** Supreme Angus Beef
- 02** Premium Lamb Shoulder
- 03** Kurobuta Pork
- 04** Chicken Breast
- 05** Tripe, the stomach of a cow

- 01** Head-On Prawns
- 02** Sea Scallops
- 03** Littleneck Clams
- 04** Mussels
- 05** Blue Crab, halved

CHOOSE. DIP. COOK. EAT.

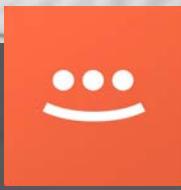
A large, shallow platter filled with various dishes, including what appears to be a salad and some bread or rolls. In the center of the platter is a circular inset showing a close-up of a dish, possibly a sandwich or a wrap, with visible fillings like cheese and meat.

COMMUNAL DINING IS
WHERE SHARING A MEAL
AND CONVERSATION WITH
A GROUP OF PEOPLE IS
JUST AS IMPORTANT AS
THE FOOD.



APPETIZING APPS

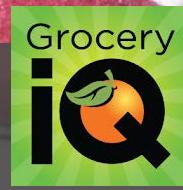
We all struggle with finding time to incorporate wellness into our lives. This season's app suggestions all help to automate our eating and removes our largest excuse, "I don't have time to eat."



ALLSET
FOR THE SPEED EATER

Allset allows you to book a table and order your meal before you arrive at the restaurant. Be seated and served instantly.

Available in San Francisco, New York, Chicago, Boston, Austin, Seattle, Los Angeles, San Jose, Houston, and Las Vegas. Expanding to more cities soon.



GROCERY IQ
FOR THE BUDGET EATER

Grocery iQ® includes all the features you'd expect from an intuitive and powerful shopping list application. Build new shopping lists quickly by simply scanning the barcode for any product or using the predictive search feature. Customize the arrangement of categories within your list so you can check off items in an orderly fashion as you navigate the store.



ITIP CALC
FOR THE GROUP DINERS

iTip is the perfect tipping calculator for your iPhone. With just a few taps you can easily determine the tip to leave your server. Easily round your tips up or down to the nearest dollar. iTip will even split your bill making it very simple to figure out what each person in your party owes. iTip allows you to calculate tips based on a percentage or the quality of service and will even allow for the exclusion of tax.

A PPETIZING APPS YOU SHOULD HAVE ALREADY



BY JESS CORDING, MS, RD

SERVES 1

INPUT:

1 TEASPOON WHOLE-GRAIN MUSTARD

2 TEASPOONS OLIVE OIL

1 TABLESPOON BALSAMIC VINEGAR

2 CUPS MIXED GREENS

4 CHERRY TOMATOES, HALVED

1 SMALL CUCUMBER, SLICED INTO HALF-MOONS

1 HAMBURGER

OPTIONAL ADD-INS: CHEESE, SAUERKRAUT, AVOCADO,

CARAMELIZED ONIONS, MUSHROOMS, ROASTED VEGETABLES, ETC.

HAMBURGER SALAD

OUTPUT:

TO MAKE DRESSING, WHISK TOGETHER MUSTARD, OIL AND VINEGAR. SET ASIDE.

TO ASSEMBLE SALAD, COMBINE GREENS, TOMATOES AND CUCUMBER IN A LARGE BOWL. INCLUDE ANY DESIRED ADDITIONS AND TOSS SALAD WITH DRESSING TO COAT. COOK BURGER TO LIKING WITH A MINIMUM INTERNAL TEMPERATURE OF 160°F, AND TOP SALAD WITH COOKED BURGER.



TECHIES WHO TRAVEL



SAVORY STAYCATION

We have all been trapped stuck in the office watching as our co-workers and friends jet set across the world on their summer adventures. Whether for work or economic reasons many of us are choosing to stay close and learn to love locally.

Luckily for us there is a new star in town. It's not your typical blond bombshell or chisel-jawed leading man but you're going to love it. This summer love is between us, the American public, and MoviePass, a new membership that allows you to see unlimited

A close-up photograph of a person's hands and lap. The person is wearing a light-colored shirt and dark trousers. They are sitting in a theater seat, looking down at a small electronic device, likely a smartphone, which is held horizontally. The background is blurred, showing other theater seats and possibly a screen or stage area.

movies at many theaters across the country for a single Hamilton every month. With such an outrageously positive response to the launch of this program we can expect to reunite with those movie nights from our past. The only issue is figuring out how to enjoy the newest blockbuster and still fit in the seats.

Movie theaters can be a tough place to make healthy food choices but with some cinema culinary cues we can look forward to a happily-ever-after, nutritionally at least.

Below are three foods to pick at the theater to keep you more of an Arnold than a Jabba:

BLICKBUCH

Be a Soda Jerk About It.

Don't waste your calories on full-sugar soda when theaters are now offering so many great diet options. Many now offer free standing self-serve soda options with tons of low- and no-calorie options. Even if you don't like traditional diet sodas give the new stuff a try. I really like Diet Cherry Dr. Pepper with a splash of lemon. You can spend a few minutes experimenting and maybe, just maybe you'll find a new favorite.

Keep in mind a large soda has a whopping 900 calories compared to zero, zip, nada from your diet preferences.

#CALORIES

Go Nuts.

The candy counter can be a bit sour to navigate if you arrive without a plan. When picking candy choose one that has some nutrient density. My first pick is peanut M&M's. Yes, these peanuts are covered in delicious milk chocolate but like your date, it is what's inside that counts. Don't be so candy shallow, you're there for the protein packed arachis hypogaea AKA the peanut. These little treats are also an excellent source of biotin, which plays a key role in the body. It supports skin, nerves, the digestive tract, metabolism, and cell development. Peanuts are also a very good source of copper as well as a good source of manganese, niacin, vitamin E, phosphorus and vitamin B1.

**Be a Baby About It.**

When you have 20 hangry movie watchers behind you in the concession line, making fast non-customized orders can be a necessity. My simplest and quickest nutrition change is to make portioning sizes a no-brainer, pick the happy meal of the cinemas—the kids pack. Each pack normally contains a small popcorn, mini-candy and small drink. This type of packaging gives you just a taste of all the things you love with limited calories, sodium and fat.

With these few menu changes your trip to the big screen can have you feeling like a nutrition star.



GET YOUR HYDRO ON



H₂O CONSISTS OF TWO ATOMS OF HYDROGEN AND ONE ATOM OF OXYGEN

HYDRATING FOODS FOR HOT SUMMER DAYS

Grapefruit

Aqua Content: 90%

Baby Carrots

Aqua Content: 90%

Radishes

Aqua Content: 96%

Star Fruit

Aqua Content: 92%

Cauliflower

Aqua Content: 93%

Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly.





What is it?

You know that great taste and texture you get when meats have spent the entire day slow-cooking? That soft, fall-off-the-bone texture is the result of breaking down any tough parts of the meat, over time, using indirect heat and the amazing flavor is the smoke combining with moisture in the meat.

You used to have a huge set up to smoke properly and the wood or coals had to be continuously stoked or you had to deal with a big tank of liquid gas. But know we have electric smokers. They work the same way as traditional smokers but they are more consistent, using heated rings to heat the wood chips placed inside. Most electric smokers let you control the level of smoke you use to flavor.

Is it safe?

Some smokers state they can be used indoors but we would avoid this unless you have direct ventilation to the outside. So, pretty much **don't use them inside or even in a garage**. The smoke from the wood chips also creates some carcinogenic aromatic hydrocarbons, so smoke, only on occasion.

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ARE YOU A FOOD PORN ADDICT?



BY KATRINA MATHIS

I recently found myself in the office of a top TV executive listening to him tell me about why healthy isn't sexy; people want to see decadence on TV. From the cheesy triple-sized burger to the cream in a doughnut oozing out on Instagram. As I listened in an anger coma from across the table I thought to myself could this guy be right? I mean he's a big deal and I can't deny that all the healthy food shows I have worked on have been canceled.

When I do corporate wellness speeches and start with that I work in health and wellness the attendees seem turned off and their heads slowly lower to view their handheld devices. On the other hand when I say I am in food media they seem to feel we are on the same page and follow me into whatever food inspired topic I am discussing that day.

Is there any room on our food porn crammed life for simple seafood or roasted pumpkin seed minus the chocolate bacon maple topping? I have to say I think there is not only because my menus don't contain nostalgic \$25 adult mac and cheese. But what's the tipping point for toppings people? Must every food be picked, brined and "crafted"? Is sriracha really necessary on every restaurant table? I think not. So below are three things you can do to try and appreciate the real food you are eating and accept your true food images.





Find culture in foods—understanding where your food is from can give it more value than just its beauty of nourishment. Brillat-Savarin, a French lawyer and politician, gained fame as an epicure and gastronome said, "Tell me what you eat, and I will tell you what you are." In today's global food court it could not be truer. Are you a culinary globalist? Do you try your hand at creating and understanding goat soup or German sausage or Italian pasta? Will you embrace the world of the unexpected at your local grocery store? In a time of change not just politically, technologically but also socially now is the time to make your menus more than just a pretty face. Your meals can reflect your travels, adventures and beliefs like never before. They say you should be a tourist in your own town, I say stay hyper-local and be a tourist in your own kitchen.

Join the ugly food movement – there is already a big movement to embrace our not so pretty produce. Jordan Figueiredo, founder of EndFoodWaste.org, "33% of our food is wasted while 1 in 7 people are food insecure and 10% of our human-made emissions come from the food we waste." Jordan's Campaign was successful in petitioning Whole Foods Market to sell "ugly" produce. In fact I just checked out the "ugly" produce in the new Williamsburg, Brooklyn Whole Foods and it wasn't just nutritious it was tasty on my wallet as well.

ARE YOU A FOOD PORN ADDICT?

ARE YOU A CULINARY
GLOBALIST? WOULD
YOU TRY YOUR HAND AT
CREATING AND
UNDERSTANDING GOAT
SOUP OR GERMAN
SAUSAGE OR ITALIAN
PASTA? WILL YOU
EMBRACE THE WORLD
OF THE UNEXPECTED AT
YOUR LOCAL
GROCERY STORE?

Be just "healthy enough." We all have that friend or celebrity we follow that looks like their foods are emerging from a magazine. It's 8am you're on a crowded L-train with a weirdo breathing next to you and Jennifer is posting her perfect fresh watermelon breakfast salad and poached egg. I mean, really girl, get some sleep sometimes. Your followers appreciate authenticity and showing some realistic foods can be a breath of fresh air. Allow yourself to post things that are not that healthy or stylized. Embrace your sloppy soups by posting without wiping the rim or adding garnish and don't hide that 7-Eleven hot dog out of shame. Instead embrace that you are human and that you consume a complex diet. I mean how many mason jar salads can you really eat? Being a bit bad sometimes can allow us to be good most of the time. Too many doughnut pics may get you likes but will you like yourself in the morning? Instead walk that line between super filthy and super clean foods for a longer more sustainable diet.

The truth is it's hard to look at a perfect pie or a filtered French toast and not compare it to your foods, but keep in mind that these images are like the body images of the early 2000's-manipulated. There is beauty in imperfection. During one of my travels to Asia I encountered Wabi-sabi (侘寂) a philosophy. It represents Japanese aesthetics and a Japanese world view centered on the acceptance of transience and imperfection. The aesthetic is sometimes described as one of beauty that is "imperfect, impermanent, and incomplete." Oh that got me thinking how about imperfect-dumplings tonight?





Millennial Munchies

By Margarita Zias

Millennials-if there's one thing most people know about them, it's that they LOVE food. But who amongst this group loves it the most? Well, the team at the Tech Incubator at Queens College (TIQC) believes that title goes to them. Millennial techies spend an absurd amount of time doing their work whether it be in the ever evolving languages of C++, Java and HTML- but what keeps them going during these sleepless nights in their pajamas? Well, we went straight to the source playing a special newlywed game with the team to see what really gets them going during these extended periods of work.

Earlier this week we sat down with members of the incubator and pitted them against each other to see how well they knew both their own and each other's preferences for food. Students Sumaita Hussain, Ayo Johnson, Kashfi Fahim and Alester Lewis are all computer science majors and sleepless nights are a huge part of their lives. If there is one thing that they know, is what to eat to keep them going. They agreed to participate in our game. We randomly pitted them against each other and got the following pairs: Alester vs. Sumaita, Kashfi and Ayo vs. Kashfi Fahim. Now that we had our 'couples' it was time for the game to start!

Millennial Munchies

tech foodies face off

The object of the game was simple: the two people paired together faced off on questions about their food preferences, they each had to answer for the other person and see if they got it right.

The first pair we had face off was Alester and Sumaita:

Question 1: Caffeine -Redbull or Coffee?

Sumaita: Coffee
Alester: Coffee

They were both correct in this case! Looks like energy drinks aren't as popular as one would think! Millennials seem to enjoy the old school 'cup of joe'.

Question 2: Meats-What meat does the other person prefer?

Sumaita: None! He's a vegetarian
Alester: Tofu

Sumaita hit the nail on the head again but Alester struck out- Sumaita's favorite meat is actually beef!

Question 3: Starch -Bread, pasta or rice?

Sumaita: Rice
Alester: Pasta

Sumaita assured her win with another correct answer but Alester was officially the loser in this round as Sumaita's favorite starch is bread. Better luck next time Alester!

Next was time for the final 'couple' to take the stage as Ayo faced off against Kashfi. These two have only worked together on occasion but their bro-mance (they believed) would crown them the champions.

Question 4: Dressing-What is the others favorite dressing?

Ayo: French
Kashfi: Sriracha

The boys aren't off to the best start as both get this one wrong. Kashfi's favorite dressing turns out to be ranch as Ayo's is vinaigrette.

Question 5: Dessert-Chocolate bar, ice cream or cupcake?

Ayo: Cupcake
Kashfi: Cupcake

As the age old question goes, who doesn't love cake? Both of our boys get this one right.

Question 6: La Croix Sparkling or Poland Natural Spring Water?

Ayo: Poland Natural Spring Water
Kashfi: Poland Natural Spring Water

Hmmmm, maybe it's not just a girl thing? The boys finish strong as well with spring water for the win!

Millennial Munchies



#nibble



#chew



#devour

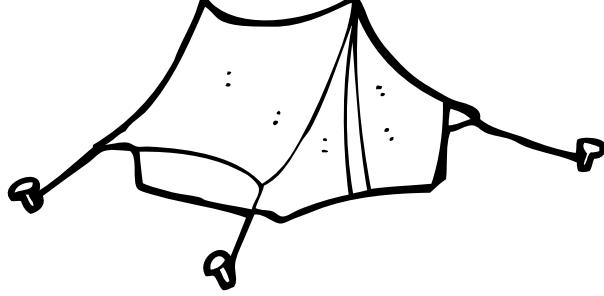


#nosh



So, what can we tell about our millennials based off of this game?

Well, food preferences will always vary based on someone's background but there is a clear pattern here outlining both the health wants and needs of our millennial techies. Our groups preferred high calorie, sweet products when it came to food choices but more conservative beverages--a decent balance.



OUR PICK FOR SUMMER GLAMPING

BY JORDAN PHILLIP



XO Marshmallow is joining in on the rosé season fun with their new Rose Gold Rosé marshmallow.

Available for sale starting today, the Rose Gold Rosé mallows are made with Graham Beck, which has notes of cherry and raspberry, and of course, edible rose gold glitter. Designed to be luxe, playful, and a little bit extra, the latest XO Marshmallow offering is perfect for a rooftop soiree, glamping, or with that post-work glass of vino.

Rose Gold Rosé Flavor Ingredients:

- pure cane sugar
- non-high fructose corn syrup
- kosher gelatin
- sea salt
- rosé
- edible rose gold paint
- edible rose gold glitter



IT'S
VACATION
YO



I know that not everyone has the summer off but taking a break from your normal cooking schedule is pleasurable and can be impactful on your waist line in a good way. Remember when summer was filled with slip and slides and riding bikes until dusk? Well bikes and slip and slides still exist but you have to get outside to find them. Making your menus easier and allowing yourself the flexibility to consume fresh, canned, shelf stable packed and frozen ingredients gives you the time you need to make summer, summer again!

It's hot as a caliente jalapeño salsa outside so give yourself and your oven a rest. With a few small changes you can go from sweating over a hot oven to being as cool as your chilled crab and avocado soup (again, also oven free) in no time at all.

GETTING FRESH

STAFF

THE BOSSY ONES

**EDITOR IN CHIEF /
ART DIRECTOR /
CREATIVE DIRECTOR /
DESIGN DIRECTOR /**

Scott Keatley
Jennifer Westin
Gina Keatley
Richard Rodriguez

THE TALENT

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Jessee Porter
Jess Cording
John Summers
Ansley Hill
Katrina Mathis
Peter Thomas
Ryan Miller
Lin Huan
Jordan Phillip
Francisca Hector
Margarita Zias
Ying Ting Hu

THE EXPERIENCED

**COPY EDITORS /
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Khamisi Chisomo

}

@END