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The predominant concept of healthy eating in the West has a long way to go to include cultural foods. This article explains how cultural foods can be the cornerstone of your diet.

Healthy Eating Includes Cultural Foods

A new framework which reconciles the roles of behavioral genetics and cultural evolution in inheritance—and cuts through the nature/nurture debate—has been put forward by researchers at the London ...

New framework highlights dual role of genetics and culture in inheritance

But his calculations never took into account the energy it takes our cells to metabolise food ... eating feel good. All of these regions speak to one another, and some of these 1,000 genes ...

Giles Yeo: 'Let's consider the type of food we eat, not fixate on calories'

Consider culture when making radical dietary changes to aid food supply amid climate change, argues Mercy Lung'aho. To protect our food supply and prevent malnutrition in the face of climate ...

Culture should be considered when making radical dietary changes

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CRISPR Co-Inventor: We'll Be Eating Gene-Edited Food In Five Years

As summer tomatoes ripen and farmers' markets burst with produce, host Angela Davis talks to three writers about how food shapes and expresses our identity.

Hotdish, bánh mì and the foods that connect us to family and culture

This series is inspired by the National Heritage Board's new digital photography project entitled "Our Hawker Culture: Built for Great Taste", in which four local photographers have captured ...

Go there eat what: Adam Road Food Centre

Here are 10 ways to tweak your diet to help keep you aging healthfully as you enter a new decade. Aging is inevitable, but you can age more healthfully, especially if you start now. While you can't ...

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10 Eating Changes You Should Make When You Turn 30

Advances in the food and agriculture industry could answer every one of these questions, plus some of the regular consumers hadn't yet thought to ask. For a slaughter-free spaghetti bolognese, a beef ...

No Lives at Steak, IDTechEx Predicts How Food Will be Made in the Future

It's one of those clichés that just happens to ring true. When New Orleans people get together for a meal, very often we're talking about the last restaurant we visited ...

Ian McNulty: New Orleans restaurants aren't just places to eat -- it's our culture, and it needs help

I gave my body everything it needed to be healthy, but healthy eating goes beyond the nutrients. It's also about how it makes you feel, and with food being an essential part of culture and ...

Healthy Eating Is Human: Joys, Challenges, and 3 Things You Can Do

During my dal-less years, I had begun demonizing food, to the point ... hasn't suffered from an eating disorder herself, Chef Aly says she's not immune to diet culture.

Feeding an Eating Disorder

African food has not received mention, publicity and exposure like African music and fashion in mainstream society. However, African Food Network, a platform that promotes African food and ...

Group Plans African Food Festival in Abuja

In the most recent episode of "Kevin Can F**k Himself," AMC's dark dramedy about a housewife named Allison (Annie Murphy) who has had enough of her infuriatingly self-centered husband (Eric Peterson), ...

From country music to "Kevin Can F**k Himself," the politics of pop culture's meat and potatoes man

"Impossible Foods" burgers made ... Silicon Valley has changed the way we eat. Delivery apps like Postmates and DoorDash, now a central part of our culinary culture, originated in the Bay Area.

The Promise and Hubris of Silicon Valley's Vision of How We Eat

Netflix's High on the Hog explores the rich cultural traditions of Black food culture, and many of the ... Although Black people eating watermelon has become a racist trope in America, on ...

Juneteenth: How to Celebrate Freedom Through Food

The message of the show, visualized through cartoon and travel, is that children should learn not only what to eat, but how ... stars learn about food and food culture without an othering gaze.

'Waffles + Mochi' teaches kids how to eat — with gusto

It opens July 15, but several new food booths will open Oct. 1 in conjunction with Disney World's 50th anniversary celebration.

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