

## **Full Plate Podcast #95: The Truth About the Mediterranean Diet & How to Be Antiracist in Your Approach to Nutrition with Anjali Prasertong**

00:00.00

Abbie Attwood

Hey folks, welcome back to full plate. It's Abbie, and today I am talking to Anjali Prasertong. I'm so excited for you to hear this conversation. Such a fan of her work and she's such a wonderful writer. So I highly recommend subscribing to her substack newsletter which I will be linking in the show notes before I tell you a little bit more about Anjali. I just want to put out a little plug. To support the show on Patreon if you're able so what this does is it helps me cover the costs of production hosting the episodes producing the episodes editing the episodes having guests on all the time that it takes to do the recording. , so you can do that for \$3 a month. , that's the lowest tier and you can do that on [patreon.com/fullplate](https://patreon.com/fullplate). You also get bonus episodes by supporting the show on Patreon and 1 of the primary reasons that I do a listener supported show is because I have found that I just can't stomach it. Having sponsors for this show that don't align with my values and the values of full plate and the work that I'm doing and all the work that all the folks that I have on this podcast are doing so. It's really important to me that I don't advertise the latest.

01:27.17

Abbie Attwood

Random protein powder or greens potion or something on here that just doesn't feel right to me and not that any of those things are wrong to eat or conse of course but just more about the companies in general that I align myself with and that's harder to find than you might think so. That's all to say that \$3 a month goes a really really long way and it also helps make the podcast free for those who can't afford \$3 a month to listen to it. So thank you! Thank you to those of you who are already doing that and thank you to those who are considering it. So let me tell you a little bit about Anjali. She is a writer and a public health dietician focused on food systems racial equity and nutrition. She's originally from Los Angeles as you'll hear today. We talked a bit about that. She was a contributing editor for the award winning food website the kitchen before getting her master of public health from tulane university and so she was in New Orleans for a bit which we also discussed because I lived there for a while myself. She led an innovative

city funded corner store program that increased fresh food access in low income neighborhoods. And she also worked with food entrepreneurs in the city looking to operationalize racial equity in their businesses now living in Denver Colorado she currently writes the reader supported newsletter anti-racist dietician.

02:49.50

Abbie Attwood

And works with local governments, nonprofit organizations and professional groups as a speaker and consultant on issues related to food and equity. She's wonderful. I can't wait for you to hear this conversation. We cover all sorts of things including why the Mediterranean diet is a whitewashed fantasy and. What cultural appropriation looks like when it comes to culinary and food culture and we also get into just her path into anti-racism with nutrition which is so central to what we're always talking about. On this podcast and what I'm talking about in my group programs and with my clients, which is that this is so much bigger than just about the specific foods that we're eating diet culture fits into. All of these other systems of oppression. It has its roots in racism and ageism and ableism and sexism and it's so important that we are drawing out all of the really important topics that are really nuanced and can't be talked about just on an Instagram slide they have to be. In conversation with compassion and curiosity with folks who are out there really dedicating their lives to unearthing this stuff for all of us to help us have a more peaceful, healthy relationship with food and and with our bodies. So I'm excited.

04:10.27

Abbie Attwood

As you can probably tell. Ah, she's a joy to talk to and I know you're going to get a lot out of this conversation so without any further ado here is my conversation with Anjali.

00:01.29

Abbie Attwood

All right? Well I am so excited to have you here. Welcome angelli? Yeah so I was gonna get us started with my usual question which is what's been on your plate and first part is food second part is like Lifewise what's been going on. .

00:04.32

Anjali Prasertong

Thank you so much.

00:19.12

Abbie Attwood

So yeah, what about any food you've been really loving lately.

00:22.53

Anjali Prasertong

Ah, well it is fall here in Denver for sure we just had our first snow which is a Denver fall. , so I have yes, it's very random, but it's great. .

00:29.86

Abbie Attwood

Totally such a random weather place.

00:38.18

Anjali Prasertong

And so I've just been super into soups and stews. I love kind of getting into this time of year and cooking in that way. , so although it's actually funny because you know I am my whole sort of brand is all about anti-racism and like culture. , you know. People kind of co-opting other cultures but I do actually like the recipe for Allison Romans the stew

which is very ah controversial in some circles because it is very much sort of a mishmash of cultural recipes. But it's turmeric based. gingery chickpea stew with greens and I find it super delicious and it's really easy and warming and comforting and it can kind of accommodate any kind of greens that you have on hand and I like to do with rice and then I get ah the non from costco.

01:30.20

Abbie Attwood

Ah.

01:35.25

Anjali Prasertong

And that's really good with some garlic olive oil and a little salt sprinkled on top.

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Abbie Attwood

Oh my gosh. Okay, so you named just basically okay so I'm not familiar with this recipe and now I'm gonna have to look it up and I maybe want to support context around that , but 1 of my favorite meals in the world is just like a red lentil doll with just lots of turmeric and.

01:47.51

Anjali Prasertong

Yes. Boom.

01:57.77

Abbie Attwood

, that reminds me of it so it kind of sounds similar and like yeah I love throwing some greens in there. It's like a nice texture combination and it's so funny. You mentioned the non from Costco because I just stocked up.

02:00.28

Anjali Prasertong

Yeah, .

02:10.21

Anjali Prasertong

It's so good. Yeah.

02:12.52

Abbie Attwood

Ah, so wait tell me a little bit more context on the Allison Roman recipe, the controversy is like a kind of cultural appropriation conversation around it?

02:18.76

Anjali Prasertong

Yeah, So basically just that I mean this was like a recipe that went viral I think it was like her second recipe that went viral and people were making it by taking pictures of it. And then some people started speaking up and saying you know like this is sort of trying to

be like an Indian curry type of thing but not really, , it also has coconut milk in it and and so a little ah a little bit. Yeah, so it's.

02:40.18

Abbie Attwood

Right? Yeah. So is that kind of some tie as well coming in. Yeah yeah.

02:52.19

Anjali Prasertong

Just not really from a place but I think people were a little upset that she didn't really talk about what inspired her with that recipe and I think it's Hard. You know I talk a little bit about this in my newsletter but it's hard for some. Creators who are from a cultural background. That's not white to see white creators get a lot of credit for these dishes that are based on their cultures, food and food practices. , so I think that was just kind of started a conversation about. You know, you can't if you go viral for something that's not based on your own culture like how do you sort of handle that in a way that is respectful to the culture that that recipe is inspired by.

03:42.58

Abbie Attwood

Yeah, no I'm. I'm so appreciative of you talking about that because I do see it popping up all over the place. I mean we could even look at a lot of the trader Joe's products and things like that right? like yes, yes, totally yeah.

03:51.75

Anjali Prasertong

Yeah, Trader Ming's that's not talking about that.

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Abbie Attwood

Ah, but it's complex because it's like yeah even if it didn't go viral. It's like what is the kind of quote unquote right? The way to go about that is obviously cooking is a wonderful connection. You know experience rooted and like nostalgia and you can't you know don't you never know where it's coming from for somebody.

04:05.28

Anjali Prasertong

Even.

04:17.20

Abbie Attwood

Yeah, if you were to say like what is a way to go about that that is sensitive to like is it more just about constantly acknowledging it in the process of writing up the recipe and talking about where it was inspired from or is it just not okay. In general.

04:35.61

Anjali Prasertong

Yeah I actually did go through a great webinar led by a couple r ds and Brianna like Kleen is ah a dietician and kind of someone who's leading the way on talking about these issues especially are on recipe development.

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Abbie Attwood

, move.

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Anjali Prasertong

So Some of the guidance that she gave was, you know if it is , a recipe that is very recognizable to someone from another culture to actually use the the name that they use for that dish and then have the English like whatever your English interpretation is and parentheses. , in like the recipe headnotes. Maybe talking about I was inspired by you know the curries from Muter Drawwfre and I Love yeah I know she's great. She's so.

05:19.16

Abbie Attwood

I have all of her books. She's amazing.

05:25.10

Anjali Prasertong

I still like some of her recipes. I picked up 1 of her works at a thrift store like years ago and I still make recipes from it. There's really good recipes. Yeah yeah, yeah, no, yeah, yeah, so just saying you know I kind of point people towards resources from the original culture and like.

05:28.52

Abbie Attwood

Yes v 2 Oh so good. Sorry to interrupt and love her. Great example, great example.



05:44.17

Anjali Prasertong

Content either modern day content creators or historical or whatever to kind of acknowledge that there is knowledge that you're building off of and also you could do things like in your social media like uplift maybe like food producers that are from that culture. For example, Diaspora I use their tumeric in this recipe and ah that all of their spices are amazing. So just things like that kind of thing with sort of cultural and culinary appropriation is that the it's. In some ways. It's all about the money like who is making money off of this culture. special thing and how can you disrupt that relationship if you are a white content creator who is getting more attention potentially because you are a white content creator.

06:25.46

Abbie Attwood

Gas gas.

06:40.15

Anjali Prasertong

How can you share that power and share that money and influence with others who aren't able to have the sort of stage that you do.

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Abbie Attwood

So well said yeah like the idea that yeah, it's both money and power and visibility like just to think about the virality of something like that and what that kind of what that does to their followership right? like the number of people and.

06:57.29

Anjali Prasertong

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07:05.25

Anjali Prasertong

Yeah, .

07:07.23

Abbie Attwood

Yeah, and maybe maybe even thinking about partnering with another person on that recipe instead of just putting it out just yours right? like you know.

07:12.12

Anjali Prasertong

Yeah.

07:19.56

Abbie Attwood

Having somebody involved in it that you could uplift their voice and their lived experience in their culture alongside the recipe too.

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Anjali Prasertong

Exactly yeah, there was a restaurateur in New Orleans ah of turkey and the wolf have you heard of that restaurant. Yeah, so he was getting all this attention and.

07:36.82

Abbie Attwood

, yeah, yeah.

07:40.71

Anjali Prasertong

A Nigerian Chef named Tuneday way who is black was like why you know you're serving this food off of like cheap plastic plates and it's very like tongue and cheek kind of trashy food if a person of color were serving this food. It would just be cheap and trashy. But because.

07:44.57

Abbie Attwood

Yeah.

08:00.19

Anjali Prasertong

You're a white like people are saying oh this is so fun like it's so quirky. , and ah the when everything was kind of getting talked about during the summer of 2020 this

restaurateur said you know I was really kind of offended and defensive when that came out but the more I so. Sat with it I realized that this critique was correct. , and so he started making an effort to actually partner with black lead restaurants in the city and.

08:21.80

Abbie Attwood

Yeah.

08:31.40

Anjali Prasertong

, highlight like collaborating with them to come up with a dish that was featured for a month highlighting them on the social media which had such a bigger reach. So I thought that was just a cool way to use something that was like criticism. Make him maybe defensive and angry and use it to create something positive and collaborative and build more community in the city.

08:54.99

Abbie Attwood

Oh and it's so important in New Orleans like you. You lived there I know for a while and as did I and there is no shortage of that right? like the black culture is really what everything that anybody loves about New Orleans comes from black culture.

09:10.66

Anjali Prasertong

Who?

09:13.50

Abbie Attwood

And yet you have a lot of of course just like being in the food scene. It is just amazing. The best I am like is thankful everyday that my disordered eating didn't overlap with my time ah because I fully enjoyed it. Thank goodness. , but.

09:18.49

Anjali Prasertong

Ah, yeah.

09:28.60

Anjali Prasertong

Oh good.

09:32.20

Abbie Attwood

But yeah, it's such a. That's such a kind of , it's There's like a friction there constantly right? with yes and where the money is versus. Yeah.

09:37.59

Anjali Prasertong

Yeah, with the music with the you know the mardi gras indians and like people yes right? And yeah, the dining scene a hundred percent

09:52.50

Abbie Attwood

Yeah, yeah, well see who knows one little mention of a food you've been loving lately. Ah, no, not at all this is like on the rails. well I kind of want to come back to New Orleans and I want to come back to your experience there in a little bit. .

09:55.80

Anjali Prasertong

Yeah I already have taken us off the rails.

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Abbie Attwood

But I guess before we get totally totally tangential. What about life on your plate? What feels big and heavy?

10:15.38

Anjali Prasertong

Ah, , so yeah, I have a nine year old of a nine year old and a three year old and my nine year old. Ah just came home last night and was like I just.

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Abbie Attwood

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Anjali Prasertong

I don't like what we're studying at school right now and I was like why because normally he really likes school and he was like I just don't understand like I understand that they needed to do it to stop the war. But why did they have to drop the bomb on Hiroshima and just .

10:46.35

Abbie Attwood

Ah.

10:49.52

Anjali Prasertong

Thinking about everything that's going on in the world right now it was just a really heavy moment to try to explain war and you just the things that human beings have put themselves and each other through throughout history is. Ah, it's just hard when you're confronted with a child who's just starting to wrap their mind around that and , how can you justify it? You can't really and kind of how do you navigate through that. So. That's it .

11:21.21

Abbie Attwood

How did you respond? What was your I mean that's so hard because you have emotions that come up and then you're like Okay, how do I want to? yeah.

11:26.70

Anjali Prasertong

So right? , so we talked a little bit. I mean we just talked about how he was right and it wasn't fair and just how many people died. and I actually lived in Japan for a couple of years after college. I was teaching English there, and so one of the best like most meaningful trips that I took while I lived there was to Hiroshima and went to the peace muse. , and it was just such a. It's if anyone ever has the opportunity to do that. It's such an amazing muse experience because the whole. Experience is designed to kind of leave you with a sense of like this should never ever happen again. , kind of memorial like memorializing the lives that were lost but also just leaving you with this like hope and feeling of. Community of like yes we can make sure that this never happens again. So we just talked about some of the things I saw at the muse and and just how that was really like moving and affecting and then of course heat. Change the subject to Harry Potter or something like that. So yeah, yes.

12:42.30

Abbie Attwood

Yeah, thankfully they can move on pretty quickly but the conversation is lasting like the way you respond and you're right just with what's happening in the world in this moment just that just that phrase you said like this should never happen again and the.

13:01.23

Abbie Attwood

Moment that we're sitting in right now. It's a lot and is he aware of what's going on right now or yeah, yeah.

13:04.78

Anjali Prasertong

Yeah, yes, yeah, , and so yeah, he's really like a thoughtful kid and , what I've learned just through the years of parenting him is.



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Abbie Attwood

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13:20.59

Anjali Prasertong

You know, even if it does like the conversation just ends abruptly and he starts talking about minecraft or whatever. , it's just really important to open up those pathways of conversation and be able to explain things to him that are difficult obviously not in.

13:39.56

Anjali Prasertong

Terrifying detail but just you know there's been like school shootings since he's been in elementary school like so many things that we've had to explain to him but it's just important to kind of yes, just open those channels to really open an honest conversation.

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Abbie Attwood

Yeah, it's a gift and it's a delicate balance to like giving them credit for being able to comprehend and hold certain information while also like you said not terrifying like bringing in the unnecessary details.

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Anjali Prasertong

Yes, yeah, and also kind of it's so hard at this age. He's finally starting to move past the Marvel universe like good guys and bad guys.

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Abbie Attwood

Did.

14:24.16

Anjali Prasertong

But sort of being like there's no good guys and there's no bad guys like we're all good guys and we're all bad guys. So yeah, getting through that moral ambiguity can be difficult.

14:24.43

Abbie Attwood

Yeah, yeah, yeah, yeah. Oh yeah, oh my gosh What was It Did you grow up with did you have pretty open conversations growing up about the world and those kinds of things. Yeah.

14:40.94

Anjali Prasertong

Yeah, yeah , it's funny because my husband is from. He's like an Irish Catholic from the East Coast and he's from Massachusetts. Yeah.

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Anjali Prasertong

So I'm just like it's so weird like your family doesn't talk about anything until it's like they're all drunk and it's midnight and then the next day they'll pretend that no one said anything and I'm from the west coast. Yeah, and I'm from the west coast and we're like hippie like let's just talk.

15:04.97

Abbie Attwood

Yeah, just push it under the rug.

15:12.42

Anjali Prasertong

But everything. Ok, ah so yeah, my mom definitely had that sort of respectful sense of talking to us, not as adults but respecting that we had our own opinions and could.

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Abbie Attwood

Then.

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Anjali Prasertong

Comprehend things and she didn't really need to hide things from us once it was age appropriate to talk about it and my dad is from Thailand and he , yeah he was just always he was super political so he always.

15:36.62

Abbie Attwood

Yeah.

15:49.87

Anjali Prasertong

Kind of want to talk about truth to power and things like that. So yeah.

15:52.61

Abbie Attwood

Yeah, what an interesting dynamic. What was your experience like then growing up culturally with food and and all of that like I know that we can kind of get into the more like. Recent progression of your career but I'm actually curious , do you remember a lot of growing up and the relationship you had with food and how your parents kind of interacted with you around it too culturally.

16:18.89

Anjali Prasertong

Yeah, so it's kind of interesting because even though my mom is white and american she also grew up in Thailand because her dad was a missionary. , and so my parents actually met in Thailand when my mom.

16:26.56

Abbie Attwood

, oh.

16:33.63

Anjali Prasertong

Went back to college in California and then went back after college and they met at a leprosy hospital where they were both working. , so yeah, we ate a lot of Thai food but my dad you know like.

16:34.89

Abbie Attwood

, okay, ah wow that is really interesting.

16:51.65

Anjali Prasertong

In Thailand often it's women that are cooking so he's it's not like he's like a tight food cooking master but we would have you know stir fries all the time like certain simple dishes a lot like we had Jasmine Rice almost every night.

16:54.27

Abbie Attwood

Right? yeah.

17:10.16

Anjali Prasertong

, and then also like casseroles because my mom's family was a and they she actually come from like 3 generations of missionaries. But , when they weren't living overseas they were living in the midwest so there were a lot of strange cheese covered things. And my mom always worked full time. So. It also had to be something fast. , but my parents divorced when I was or they separated when I was 12 and ultimately divorced and so my dad had joint custody like they had equal custody so he.

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Abbie Attwood

, yeah.

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Abbie Attwood

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17:44.13

Abbie Attwood

Yeah.

17:46.81

Anjali Prasertong

Basically cooked for us half the time and , so that was kind of ah he had to ramp up his skills a little bit. Yeah, you did yeah he started making more curries and things like that I mean also like store fries are just so fast and great for kids. .

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Abbie Attwood

Did he lean into the tie food particularly like from his roots. Yeah yeah, oh yeah, yeah.

18:06.21

Anjali Prasertong

And yeah and I definitely remember you know I grew up outside of L A in the San Gabriel Valley and we would take a special trip to Bangkok Market to stock up on things like dried shrimp and curry paste and all the things that we needed to make Thai food. .

18:09.36

Abbie Attwood

Okay.

18:17.90

Abbie Attwood

Nah.

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Abbie Attwood

Yeah, did you continue to have the casseroles in your life too with joint custody? Yeah.

18:23.23

Anjali Prasertong

To probably like once a month

18:32.64

Anjali Prasertong

Yes, there were definitely. There were definitely always casseroles. , and yeah, a lot of soups and then our sort of mom is too tired or busy to cook a meal. It was Kfc that was like our big treat meal.

18:47.55

Abbie Attwood

Oh wonderful I can really relate with them to the mishmash of culture like I'm part I'm half armenian and ah then the other half of my family is like italian so it's like such a food centric.

18:49.88

Anjali Prasertong

Yes.

18:56.24

Anjali Prasertong



Are ah yeah.

19:03.48

Abbie Attwood

Those 2 are very you know and so it was very but I can I have very distinct memories of just like those kind of being the like foods that would kind of come together. , it was like 1 or the other. , so that's really interesting. Yeah.

19:12.37

Anjali Prasertong

Cool. Yeah yeah, my best friend in high school is Armenian so I am half Armenian. I had 8 yes Armenian communities.

19:18.81

Abbie Attwood

Yeah, yeah, actually I have a ton of family in L A because there's so I mean so many. So There's a huge Armenian community. Yeah yeah, So did you have it? you know, knowing that obviously you eventually went into dietetics and everything like did you have any kind of. History of a complicated relationship with food as you grew up in terms of any kind of disordered eating or just the impact of diet culture on your experience with food.

19:47.15

Anjali Prasertong

No, and it's I've often thought about it like why because yeah and I honestly think that a lot of it was my mom growing up in another country and she you know grew up in Thailand like.

19:51.56

Abbie Attwood

Yeah, what protected you or what? yeah.

20:05.86

Anjali Prasertong

In the 50 s and sixty s and then went to high school in the foothills of the himalayas in India so it's not like she had a lot of access to american culture. , and so I think that has a lot to do with it like I don't know.

20:15.37

Abbie Attwood

Yeah.

20:23.52

Anjali Prasertong

I Don't think my mother has ever said anything to me about my weight ever in my life or even just my physical appearance Besides just like oh I like your hair or oh you know you look nice today. , and it definitely was like a stark contrast to

20:42.68

Anjali Prasertong

This relative came into our lives who like it was like a married one of my relatives and she

was just constantly commenting on my face. My body, my sisters faces and bodies and the whole family was just like what is happening because.

21:02.58

Abbie Attwood

Yeah.

21:02.62

Anjali Prasertong

Just wasn't the culture of our family. , and I think my dad is also coming from Thailand. He was just so sad when I first started shaving my legs. He was like no and so I think it's just a difference.

21:14.50

Abbie Attwood

No.

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Anjali Prasertong

Different ideals around beauty are at different levels. They just didn't have like these companies marketing to them all the time magazines movies Tv Just all these messages about what a woman's body was supposed to look like neither of them really grew up with that.

21:36.88

Abbie Attwood

Yeah.

21:40.92

Anjali Prasertong

And so they just didn't that just wasn't in our household that wasn't what we talked about in our family.

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Abbie Attwood

Yeah, what do you think aside from beauty culture and Beauty Ideals. How do you think that just food access and just abundance like abundance versus you know you know any any kind of like. Barriers to having that like do you think that played a role too. Just historically.

22:10.67

Anjali Prasertong

, maybe I'm also thinking about how we Also all have thin privilege like everyone in my family just genetically has always been thin. So I think that definitely plays into things as well and then I'm also just.

22:15.51

Abbie Attwood

Yeah.

22:27.93

Anjali Prasertong

Thinking about in high school I became really active with the riot girl movement because it was the 90 s and I think just my very explicit feminism and just spending so much time with other women who are also very strongly feminist definitely helped with that at a very vulnerable time.

22:30.79

Abbie Attwood

Me.

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Anjali Prasertong

Which is like Junior high in high school.

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Abbie Attwood

Oh gosh. Yeah I resonate with this so much because I had my mother just like I mean she is very strong like feminist and I think and also never never dieted. Never you know none of that in my house. And it just goes to show how protective that can be like just that one person in your life just even 1 caregiver or parent parental figure right? like not passing that down what that does you know I think it's amazing for anyone. A lot of folks who are who.

23:07.90

Anjali Prasertong

The.

23:17.40

Anjali Prasertong

Yeah.

23:25.20

Abbie Attwood

Were deeply steeped in dieting and diet culture and disordered eating how they fear passing that on to their children. It's just really reassuring to remember that if you can, you can make a huge difference for your child by doing it kind of like undoing this from yourself. You know.

23:29.79

Anjali Prasertong

Over.

23:40.50

Anjali Prasertong

Absolutely yeah, absolutely.

23:43.80

Abbie Attwood

Think it's really powerful. So what about so for me I know I was kind of protected in a lot of ways similar to what you named and I know that once I got to college and I was exposed to a lot of other people who were kind of did have some of that messaging did any of that start to come in at that point in your life.

23:56.93

Anjali Prasertong

I went to ah USC which was a very ah, very strong Greek culture. You may have heard but I would.

24:03.47

Abbie Attwood

Okay, yeah, yeah I may have yes .

24:10.77

Anjali Prasertong

But I was still definitely carrying I mean so I'm millennial like sort of the cusp between Gen Gen X and millennial. Yeah and I think I lean a little more Gen X of just that feeling of like ah well if something is popular then it must not be good and so.

24:14.78

Abbie Attwood

Do yeah yeah yeah.

24:26.84

Abbie Attwood

I like Rebel against it.

24:30.70

Anjali Prasertong

Yeah, completely like I had a friend years later who made fun of me because I had never seen the movie Dumb and Dumber. I was like I would not see that movie. So yeah, yes, so in my mind Greek culture was like Dumb and Dumber and I would never be involved with that.

24:38.73

Abbie Attwood

Ah, yeah, if it's trending I have an allergic reaction to it.

24:49.82

Anjali Prasertong

I Mean in a lot of ways. It was a very wrong school for me. , but being in that environment that was in a lot of ways like highschool of just this cliquishness and very not not very accepting of being.

25:05.92



Anjali Prasertong

Like more creative. Ironically I was there for film school. Yeah, , so yeah, yes, so I steep myself in the weird film school people and and just stayed away from everyone else. Yes.

25:06.90

Abbie Attwood

Yeah, different Anyways, Yeah, yeah, more interesting for film huh? yeah.

25:20.94

Abbie Attwood

Yeah, weird, weird people only for me. Yeah, oh my gosh So then kind of getting into just your trajectory so to speak into what you're doing now. I know you ended up going back.

25:35.33

Abbie Attwood

, to school for dietetics and nutrition and I'm wondering if you can tell us just a little bit more about how you became and and are now like speaking from an anti-racist lens about food. And yeah, what was your path to getting there? Were there certain moments that stand out to you in kind of what made you? What led you in that direction.

25:59.99

Anjali Prasertong

Yeah, definitely. So I lived in Japan after graduating from college and that sort of

sparked my interest in food and just seeing how people's relationship with food in Japan felt so different, especially from.

26:06.46

Abbie Attwood

Yeah.

26:19.66

Anjali Prasertong

Coming from I a where it was like you know I can't eat that I won't eat that very and in Japan it was more just like everyone eats the same things because that's they've been eating those things for thousands of years in Japan , and.

26:23.71

Abbie Attwood

But yeah.

26:31.54

Abbie Attwood

Yeah.

26:35.79

Anjali Prasertong

I knew I wanted to do something with food after returning but I didn't want to work in a

restaurant because I can't handle those hours, and so I decided to go back to school to become a dietician just after seeing a Craigslist ad that was at a Women's homeless shelter and they were looking for someone to like to lead the kitchen and then also teach nutrition classes to people living at the shelter and I was like what a cool job. How do you do that and 1 of the one of the requirements was being a dietician.

27:10.52

Abbie Attwood

, and.

27:10.63

Anjali Prasertong

And I just had no idea that Dietitians could do things like that. I just had sort of the standard image of someone working in a hospital or at a school, and so just that led me down a path of going back to Community college because I had gone to film school and therefore had. Only took Astronomy and natural disasters as my two science classes. Yeah yeah, set. Yeah so, and then ah was just that took a long time because I was working full time while doing that.

27:31.44

Abbie Attwood

Perfect all you need? yes, but there you go dietetics here. You come.

27:44.86

Abbie Attwood

Oh God Yeah wow.

27:48.39

Anjali Prasertong

Yeah, and when I was about 4 classes away from finishing, my husband ended up getting a job in New Orleans and I had just had our baby? Yes, , and so week I was like I can't stay behind and raise this baby myself. So I guess I'm going with you.

27:56.49

Abbie Attwood

So that's why you ended up there. Okay.

28:07.78

Anjali Prasertong

, and basically I just start my studies all over again at the school in the Louisiana Bayou on the state school. Yeah and that added like 2 years I think .

28:11.56

Abbie Attwood

Oh interesting. Okay.

28:20.87

Anjali Prasertong

And I decided to concurrently go to tulane to get my masters of public health because I was like I have to do it anyway, let's just get this over with and it was really I mean being

going to school the bio is an amazing experience of just culture getting woken up to like. Oh. There's a completely different culture and it's here in the United States I had no clue. , but really at Tulane was where I first heard people talking about racism as a public health issue talking about social determinants of health and just really responded to that because i.

28:40.78

Abbie Attwood

Yeah, yeah, yeah.

28:57.89

Anjali Prasertong

Was just so tired of the focus on individual choices in the dietetics field and I ended up taking through tulane did a training called undoing Racism Led by the people's institute for survival and Beyond and in that training that's where I really.

29:10.80

Abbie Attwood

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29:16.00

Anjali Prasertong

Realize like oh I feel completely distanced from dietetics because no one talks about racism and how it relates to nutrition and that was sort of the moment where I decided this is what I want to focus on like this feels like the most important thing and especially just addressing anti-blackness. Within our health systems within food systems. , so when and when I finished my inter dietetic internship at Tulane I got a job at an organization

called propeller. , and I had done my master's practice there leading this. Corner store program that helped bipoc store owners sell more fresh fruits and vegetables. So I was hired to oversee that program and propeller was really at that time this was like 20182019 was.

30:07.75

Anjali Prasertong

Really directly talking about racial equity and racism at a time when not many places were and kind of making those connections so it was an amazing experience. Just the people that I met and what I learned through that. , and. You know my family and I just made the decision to leave New Orleans and we needed a fresh start somewhere so it came to Denver , and yeah and I was kind of at a turning point in my career of what do I want to do and realize that I really missed.

30:44.73

Abbie Attwood

Are you?

30:45.35

Anjali Prasertong

Creativity I had been an editor at the cooking website the kitchen while I was in school. , so I decided like well I can go back to I mean I miss writing and now I have all these new. Like topics and experiences that I can write about and I think people are now ready to hear about it and so I launched my substack newsletter. , and people were really ready to hear about it and to start talking about these things and. Had had an Instagram account kind of covering the same source of topics but Instagram just didn't feel like the right venue because it's so hard to have nuance. It's so hard to include all the links so you can read the evidence and also go deeper if you want to? . And just really fully explain these very complicated you know ideas that are not a binary one or the other and it exactly , so so it's been.

31:39.94

Abbie Attwood

Yeah, you can't just shove them into 7 slides and like yeah.

31:48.35

Anjali Prasertong

Ah, amazing and ah from there have done some speaking engagements and you know talked to students and I so doing a little bit of freelance writing as well for other outlets. So and and getting to talk, getting to just write about things like eugenics and nutrition which I never thought. And like a website of well Health and wellness Website. Want me to write about but sure I'll take it. Yeah.

32:12.44

Abbie Attwood

Literally just got off with a client talking about eugenics and is a guy on my house up on my soapbox. , this is amazing and I'm just really glad you're here and also your substack is absolutely incredible and so I mean we'll obviously link that in the show notes. So anyone listening, like subscribe now and you've covered so many amazing topics on there and it's yeah, it's in your just a wonderful writer. So yeah.

32:33.30

Anjali Prasertong

Him.

32:39.54

Anjali Prasertong

Thank you.

32:43.16

Abbie Attwood

So if you know I think that the thing that I am attached to a lot and what you were talking about is just the icky feeling that comes with this idea of prescribing a specific person like what to eat and just the way that is like.

32:59.51

Anjali Prasertong

Susans.

33:03.20

Abbie Attwood

Cultural context is completely ignored in the traditional you know approaches to nutrition and dietetics and how harmful that is in the long run. How disembodied it is but it's just it's pretty violent and oppressive at the end of the day. .

33:13.39

Anjali Prasertong

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33:21.22

Abbie Attwood

I'm curious if someone listening is really unfamiliar with how this can show up in nutrition like how whitewashed nutrition advice is anything from you know my plate to the Mediterranean diet to you know anything that we see is kind of like that.

33:30.83

Anjali Prasertong

Here.

33:39.81

Abbie Attwood

Quote Unquote picture of what's the quote right? way to eat. , can you talk a little bit about that. Can you like to draw some connections for us so we can like dig into that a little further because I just think that's so important everybody gets so sucked into the minutia of like you know what's Good. What's Bad? What's all of these things we miss? This is a bigger way. Bigger picture of what the culture around food is doing these days.

34:04.71

Anjali Prasertong

Yeah, for some reason I'm just thinking about dairy like just and ah so just thinking about my plate and the inclusion of the glass of milk and .

34:07.80

Abbie Attwood

I Mean why? not yeah, that's a great one? yeah.

34:20.00

Anjali Prasertong

We know that? ah you know so close to 70% of the world's population is lactose intolerance and cannot drink milk. , and it's really something like 90% of people of Northern European descent. Can digest milk so that's where that genetic anomaly comes from and yet ah milk is part of my plate being recommended and it's because of the sort of interests of the dairy industry that are very like deeply entwined with dietetics. . Among other sort of health related organizations and fields and , so yeah, and then if someone has you know if like a bi poc person who is lactose intolerant is having digestive issues. it. That's it.

35:13.37

Abbie Attwood

And a BIPOC person is more likely to have right? Yeah yeah.

35:18.28

Anjali Prasertong

Yes, much more likely to yeah, , often they you know I have a friend who she's a dietician who mostly works with clients who have ibs and she says it happens so often that people have been living with these horrible symptoms. Ibs symptoms and it's because they have been drinking milk and they're lactose intolerant and no one has maybe suggested that because everything that you see of what a healthy diet looks like includes this glass of milk.

35:53.21

Anjali Prasertong

, and you're kind of told that there's no way you'll get enough calcium to survive if you don't drink milk or have dairy products when the truth is like there's so many other ways to get calcium into your diet and people around the world are.

36:06.52

Abbie Attwood

Yeah.

36:08.77

Anjali Prasertong

Eating tofu, eating leafy greens like eating these legumes have calcium, like all these different things. Yes completely.

36:13.92

Abbie Attwood

, and alternatives that are fortified with calcium Anyways, right? like if we're not super fearful of you know, packaged foods then we're probably avoiding a lot of these foods that are just fortified anyways and we'd be fine. Ah.

36:23.20

Anjali Prasertong

Ah.

36:27.45

Anjali Prasertong

Yes, yeah, So , yeah, there's just these large and small forces that really impact what we perceive as healthy and. And we don't see them. We just see the individual choice of what we're putting on our plate or what we're eating and drinking when that's really like such a small small part of health.

36:56.14

Abbie Attwood

Yeah, a hundred percent I've talked about the social determinants of health fun here before and talked about how small of a piece of that pie are like food choices actually are and how important it is to like.

37:09.19

Anjali Prasertong

Who's.

37:12.94

Abbie Attwood

Rather than think about food in the context of like these specific nutrients and obsessing over that but actually think about it in the form of like connection and culture and joy and pleasure and enoughness and access and convenience and affordability and all these other pieces that go into just those food choices that.

37:29.35

Anjali Prasertong

Yeah, yes, and yeah, and the flip side is also like people. If you enjoy milk and you are not lactose intolerant then you can drink milk that is also fine. But

37:31.61

Abbie Attwood

Don't have to do with obsessing over you know that glass of milk.

37:42.21

Abbie Attwood

Yes, yay And then we it's It's so confusing too because then we have you know, just the onslaught of wellness culture which on the other hand is demonizing dairy in a lot of ways right and trying to convince everyone everywhere that it's quote Unquote Inflammatory or.

37:52.61

Anjali Prasertong

The.

37:58.67

Anjali Prasertong

Right.

38:01.36

Abbie Attwood

Right? And so you have these it's you have these really mixed messages and these forces coming from every direction just trying to keep us from just trusting our own experience in our body right? It's so difficult, you know.

38:11.72

Anjali Prasertong

Yeah, completely.

38:19.77

Abbie Attwood

You had a you wrote about the Mediterranean diet and I'd love to talk to you about that a little bit more because the whole time reading that I remember reading it for the first time and I was just like I felt like I was like fist pumping but it is you know I think.

38:25.80

Anjali Prasertong

Sure.

38:37.81

Abbie Attwood

It's always felt so gross to me that it's been called like the gold standard of eating and as if that exists right? like and there's so much shame and blame around.

38:50.84

Abbie Attwood

People's food choices and feeling like they're failing at their health based on what they're choosing when it's really just all being held up in comparison to something that was contrived from like eurocentric ideals and white men and just to your point more like the food industry.

39:03.64

Anjali Prasertong

Yes, mm.

39:10.41

Abbie Attwood

Forces. So yeah to anyone listening I'm sure a lot of folks listening have heard that the Mediterranean diet is just like the healthiest way that you could possibly eat. , so can you help us poke some holes on this whole poking.

39:22.88

Anjali Prasertong

Yes, so I actually just finished writing a longer email and a longer article about the Mediterranean Diet so I have even more just research and yeah, so , so basically it was based on. Ah.

39:28.84

Abbie Attwood

Oh okay, it's coming.

39:40.81

Anjali Prasertong

The diets were mostly the diets of Greek and Italian men, pretty small groups of them and then and what they were looking at in the 7 countries study which was this big study that sort of the concept of the Mediterranean diet was.

39:59.80

Anjali Prasertong

Born out of they were just looking at coronary heart disease and so those 2 groups of men had the lowest rates and so from there they kind of extrapolated that their diets and specifically like their intake of saturated fat meant that they.

40:19.71

Anjali Prasertong

Had healthier hearts because both groups were eating a lot of , not eating low fat diets because they had a lot of olive oil. , and so the diet really exploded in the 90's where people were super interested in it.

40:27.86

Abbie Attwood

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40:38.30

Anjali Prasertong

Mediterranean food. , you might remember this was like the snack wells era where everyone was like super scared of fat fat was the devil and so comes yes everything yeah ice cream or nonfat ice cream.

40:42.28

Abbie Attwood

Yes, all the non-fat yogurt all the yeah yeah oh good I Still see it in the grocery stores and a shiver oh that just to me is like it's like a.

40:57.45

Anjali Prasertong

Ah, yeah, or like non-fat cheese or like low fat cheese now. Yes, it's so wrong. It's so wrong. Yeah, yeah, just you do something else.

41:05.21

Abbie Attwood

Crime like literally it's so wrong. It's like just don't even do it Just don't even get it. But yes.

41:16.19

Anjali Prasertong

, so yes, so along comes this diet. That's like oh it's actually healthy to have olive oil and

also you can have a little red wine because old ways this non this new nonprofit was working with the Harvard school of public health and ah the WHO

41:24.78

Abbie Attwood

So yeah.

41:35.30

Anjali Prasertong

To come up with the Mediterranean Diet pyramid is kind of in a simple way explaining the Mediterranean diet. It was also kind of revolutionary because it included movements, as part of the pyramid and then also had that red wine on the outside. So I think that was very exciting for people.

41:50.14

Abbie Attwood

, give us our wine.

41:55.70

Anjali Prasertong

Yeah, so from there it's just the popularity of the diet because it's also this romantic idea so there's some main critiques of the diet are that it doesn't actually encompass all the diversity of the Mediterranean region which includes like North Africa and Middle Eastern countries like just an incredibly diverse area and really the diet is all about just Greek and Italian foods and sometimes we'll throw in some like Spanish and French foods as well, and. And so that is just kind of like this romantic ideal of what white Americans think of as the Mediterranean rather than being an accurate picture and the

research itself is , you know they're not actually looking at the difference. Areas of the mediterranean to be like oh do people in Tunisia have the lowest rates of heart disease. It's really just kind of compounding evidence over and over again that this one specific part of the Mediterranean which was decided to have the healthiest diet is the healthiest diet. So when people say well it has the most science behind it. The question is like has it been compared to any other traditional cultural diets around the world to see if it's just if those diets are just as healthy and that's the problem because you know if someone comes in. Let's say like.

43:15.27

Abbie Attwood

Yeah.

43:26.85

Anjali Prasertong

Someone ah like a mexican-american person comes into the doctor's office and the doctor tells them like oh your your cholesterol is high or whatever you should be eating a healthier diet here's the Mediterranean diet and then yeah yeah, or like.

43:39.42

Abbie Attwood

Go eat some quinoa right? Like yeah God Yeah yeah, stop eating your white rice or your tortillas or your right like.

43:46.73

Anjali Prasertong

Avocado toast which is not even from the Mediterranean in any way. Yeah yes, , even

though you know tortillas are a whole grain. You know white rice is eaten with vegetables and beans like very things with a lot of fiber. .

43:57.70

Abbie Attwood

Exactly.

44:06.18

Anjali Prasertong

So so and that also just creates kind of the shame and stigma around this person's own cultural diet. Yes.

44:10.95

Abbie Attwood

And so many assumptions right? like there are never questions like open ended questions asked about like what do you enjoy? What do you like? It's just unrealistic stereotypes and yeah, just prescriptive ideas of what somebody should be eating.

44:17.16

Anjali Prasertong

What do you like to eat? Yes, exactly? yeah.

44:29.79

Abbie Attwood

And what's so interesting. Just everything you're saying is like even in all of this quote unquote research done on the Mediterranean Diet. It's like we're still hyper fixating on food rather than looking at social, political and economic forces at play in these places. Even if we were to say that in these places people, you know, have a better quality of life or live longer. It's like well we're ignoring the fact that we just talked about how small a piece of the pie of healthy food actually is but instead we look and we're like it must be what they're eating.

44:59.22

Anjali Prasertong

Yeah, yeah, it's kind of funny because you know the New York Times of course every year is like the Mediterranean diet here. It is and so but this year in January the article they released this year if you look through the comments. There's people. Po can already put just regular people poking holes in it and being like well they have universal health care like, you know you have like these streets where people can just walk around and don't have to worry about getting hit by a car. You know like that's just different lifestyles. Yeah.

45:17.51

Abbie Attwood

Oh I yes.

45:29.50

Abbie Attwood

Yeah, or like violence or yeah, exactly.

45:35.34

Anjali Prasertong

And also just talking about how it's not actually really accurate, especially how it is portrayed now. It's not actually an accurate representation of how people even in Italy and Greece eat like who in Italy is eating whole wheat pasta like if you've ever been there? no.

45:46.93

Abbie Attwood

Totally yeah, exactly nobody they would be offended.

45:55.30

Anjali Prasertong

Yes, and , you know who in Greece is eating non-fat Greek Yogurt nobody

46:00.78

Abbie Attwood

Nobody and you know I think Also it's helpful like it's hard because I think that generally it's not understood Even what nutrition research looks like right like that. So much of it is these like food frequency questionnaires and when so when we're even studying or ostensibly studying groups of people and their eating patterns. It's so imprecise.

46:34.40

Anjali Prasertong

Oh yeah, completely I mean one of the critiques of the original 7 countries study was that they were studying I think the Greek population during lent and so the way they

were eating was completely different from how they normally ate and .

46:41.21

Abbie Attwood

Yeah. Yeah, yeah.

46:51.14

Anjali Prasertong

So it's all just kind of this fantasy but it's marketed as if it is attached to this long historical romantic tradition and that's I think what gives it its cultural force when it's really just great Pr.

47:02.33

Abbie Attwood

Yeah, yeah, no, and that's a really great point about like the kind of cultural fantasy of it all like giving you this kind of feeling of almost I don't know if nostalgia is the right word. But. As if you're being connected intergenerationally to liking what people used to eat and the way they quote unquote used to live and holding that up as the pinnacle of Health right? I see that a lot too. Do do yeah right.

47:26.56

Anjali Prasertong

Yeah, but especially specifically for white people because you know if it was like a traditional diet from some region of India I don't think people would romanticize it in quite the same way.

47:45.67

Abbie Attwood

Yeah, a hundred percent. Question for you. This is just making me think of veganism and this like similarly whitewashed fantasy around veganism and again not to say that somebody can't choose to eat any way they want to and I think. You and I are both saying that in this whole conversation. It's like you should be able to eat what you like in any context, right? What do you do? So how do you see this play out in other kinds of food I don't know like things like veganism. For example,

48:19.70

Anjali Prasertong

Yeah, I actually had a guest post on my newsletter and I can send it to you so you can link to it from Anishhahandra. She has a great substack and she posts a lot of vegan food. She is Indian American and was not raised vegan.

48:24.61

Abbie Attwood

Oh yeah, link to it. Okay.

48:34.16

Abbie Attwood

Yeah.

48:38.76

Anjali Prasertong



But when she decided to become vegan. She was totally bought into sort of the white wellness version of veganism which is so funny because there's so much. , you know history in India with the vegan diet and like all these recipes that have been.

48:45.17

Abbie Attwood

Yes, Okay, yeah.

48:57.12

Anjali Prasertong

You know vegan from the start, you're not converting them to vegan recipes. , so yeah I just think it's it. It does. I think ah so many cultures have this long vegan history I'm also thinking about a lot of you know like buddhism like buddhist cooking that. . That just relies on these meat substitutes that they've been making for thousands of years and that's not necessarily what you think of when you necessarily think about vegan food. It's just been co-opted again into this sort of fantasy of this natural.

49:34.20

Abbie Attwood

It has an aesthetic to it right? kind of that literal white like not even just white in the race sense but like the quote unquote clean look that you'll see on social media. That's just very bright and white and green and there's just something.

49:34.51

Anjali Prasertong

Lifestyle based on. Yeah.

49:43.85

Anjali Prasertong

Yes.

49:51.82

Anjali Prasertong

Yeah, it's like cafe gratitude. Have you ever eaten there? Yes, it's a whole vibe.

49:53.85

Abbie Attwood

Ah, so aspirational about it. Yeah yes, yes, ah, exactly yeah, it is yeah no I'm glad you I'm glad you described it that way because it is. Yeah I have very very close friends in my life from India and we've talked about this a lot and we do a lot of cooking together and they've sent me. You know I have so many cookbooks and all these things like I just I love I really love indian but we've talked about that a lot just the culture like that they grew up in and and the difference.

50:21.66

Anjali Prasertong

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50:27.44

Abbie Attwood

And the contrast between how it's been marketed here in the US and the way it's been also I mean this kind of brings us back full circle to culinary appropriation. We were talking about earlier in a lot of ways the way that it's kind of sold and .

50:32.79

Anjali Prasertong

Ah.

50:39.73

Anjali Prasertong

So yeah.

50:46.97

Abbie Attwood

The money that's being made off of it if you think about all the supplements and just all of these like food companies that are making money off of it in this whitewashed way. Yeah gosh So where are you these days ?

50:55.92

Anjali Prasertong

Absolutely yeah.

51:04.86

Abbie Attwood

You know your relationship with food the way that you're engaging with it. How are you taking what you've learned over the last you said it was like 2018 that you yeah so 11 years how has that changed the way that you approach food.

51:12.73

Anjali Prasertong

Yeah.

51:20.68

Anjali Prasertong

So I try to really support my local food system which maybe sounds at odds because I feel like actually 1 of the first posts I wrote on my newsletter was just about how local food can be such a whitewashed world and sort of. Selling these values that are not necessarily shared by all. , and I personally can afford to buy local fruits and vegetables and try to support my local food system because.

51:45.62

Abbie Attwood

, man.

51:56.65

Anjali Prasertong

I think just having worked with food entrepreneurs in the past like those dollars especially when someone is just starting out can really make a huge difference and food as you've. Pointed out is about more than just the food. It's also about building community connections and like so just strengthening the local community. So I . Try to

support like CSA's or other farms that are Bipac led because there's just so many disparities for especially black farmers in the US , and then I've been trying to actually eat less meat in general just for the climate. Related reasons and because my kids are getting more adventurous about trying new things and that's just kind of the way of eating that morally. , feels good to me I'm not ah, definitely not.

52:56.21

Anjali Prasertong

Anywhere close to vegetarian or vegan but just making some of those choices and then yeah and then just I love to cook but it can be really hard with kids and it's been really a tough transition. , just becoming a parent and being like oh actually.

53:00.92

Abbie Attwood

Yeah.

53:15.36

Anjali Prasertong

Making dinners. The worst thing in the world. It is not a fun creative outlet. , so my older son who has been the one who is more particular about what he eats is now getting more adventurous. So that's really fun with just cooking new things and like we.

53:17.62

Abbie Attwood

So yeah.

53:32.39

Anjali Prasertong

You know, it was like a sushi rolling party for his birthday and that was really fun. , so just sort of branching out into new things with him.

53:41.99

Abbie Attwood

I love that you know, Virginia Sole-Smith was on the podcast a couple months ago and we talked a lot about family dinner and also this idea she writes so beautifully about all of these. Dynamics at play in feeding kids and just the way that we think about the you know how we're supposed to to serve food and enjoy food together. , so. How have you been approaching that what's family dinner like for you all I know that it is exhausting to cook dinner. It's not fun as much when everybody has different preferences and it's also yeah, it's it's hard. It's really hard and convenience is important and what are you highlighting for your kids and for your family when it comes. To just connection these days and and yeah.

54:30.69

Anjali Prasertong

Yeah, , so 1 thing that's been so my husband is an actor. He has been unemployed. These nervous strikes are not a great thing for his career. But , yeah, so one great thing is like because he has.

54:36.11

Abbie Attwood

Is yeah.

54:46.27

Anjali Prasertong

He has not historically been a cook but I kind of put my foot down. Actually I think maybe my new article slightly shamed him because he started cooking more after that but he is cooking.

54:59.18

Abbie Attwood

Stop I love to shame my husband on the plotter and Instagram and if it changes their behavior it does. It's tried and true. But but.

55:06.60

Anjali Prasertong

Ah, yeah, yeah, yes, yeah, maybe not good for marriage but good for getting stuff done around the house. Yes, yeah, yeah, it's also like well he can't argue. It's true. So yeah, yeah.

55:12.17

Abbie Attwood

If you can laugh about it then it's all Okay, it's right exactly sorry for being right? but

55:25.34

Anjali Prasertong

So he has been cooking more which is great because obviously having to be the like six days a week cook and he does it just one day a week is really hard to sustain so it's been

pretty equitable which is great.

55:27.56

Abbie Attwood

Ah, yeah.

55:36.91

Abbie Attwood

Yeah.

55:40.40

Anjali Prasertong

And , we also have one night that we call easy peasy all day I and like all day I don't know just , we get a rousse frozen pizza which is more expensive.

55:57.69

Abbie Attwood

Ah, very good. Yeah, but it's good. Yeah yeah, it's really good.

55:59.44

Anjali Prasertong

Frozen pizza but worth it and also it often goes on sale. So snap it up if we've talked about how we should get a deep freezer just so we can buy all the roused pizzas when they're on sale. , so yeah, hopefully not nonfat.



56:09.82

Abbie Attwood

, have what does for my ice cream mainly absolutely not.

56:19.13

Anjali Prasertong

, ah so yeah, so just having one night a week where it's like okay we know there's going to be craziness and we don't have to worry about it and everyone is happy. , and then we do meal planning. Where we'll each just come up with what we're going to cook and you know bad the grocery list together so that is like an annoying part of life but it does make things a lot easier and one great like lessening of my workload is that both. Here in Colorado they're now doing universal free school meals. So I don't have to do lunch for either of my kids ever. Ah, yeah yeah, I actually was trying to work with the district about making it easier for kids to get like a non-dairy option. But that's it.

56:59.91

Abbie Attwood

Are they forcing on glass of milk?

57:08.57

Abbie Attwood

Oh God Yeah yeah, ah gosh Well I appreciate you. I appreciate you talking about how you're personally approaching all this because it's so hard. It's hard. It's so it's especially hard to navigate if you're.

57:12.21

Anjali Prasertong

Go anywhere. So yeah.

57:24.80

Abbie Attwood

Coming from a place of having had a really fraught relationship with food to coming to a place of like feeding a family and I know that you you were you have had you haven't had so much of that like the fraught relationship with food. But

57:38.66

Anjali Prasertong

This.

57:41.17

Abbie Attwood

A lot of people listening have and I think it's really helpful for them to hear like just the normalization of taking any and every kind of approach and you know working with your partner or your whatever it might be you know and and we we have those easy peasy nights we order we would order from our local.

57:58.67

Anjali Prasertong

Oh nice.

57:59.76

Abbie Attwood

Indian restaurant all the time and Thai there's 2 in our area that I just love the families that run them and they're just amazing and so we almost do that we do that kind of like twice a week and then do breakfast for dinner kind of like the breakfast foods thing. Yeah yeah, I love that.

58:10.60

Anjali Prasertong

Oh yeah, my older son loves that that's like his like if he has friends over that's his the meal that he requests that we make.

58:20.82

Abbie Attwood

Yeah, yeah, it's so easy. , but also you know I also just wanted to say. Thank you for mentioning the meal planning because I think that in the dieter mind in the disordered eating mind meal planning often served the purpose of helping somebody restrict and in the past.

58:34.75

Anjali Prasertong

M.

58:38.19

Abbie Attwood

And I think coming back to that if you're somebody listening who has had that experience in the past and like it's not that fun. No, but it can save a lot of time and it's all in the interest of maximizing pleasure and convenience, not trying to restrict the type of foods you're eating.

58:54.13

Anjali Prasertong

Yeah, absolutely.

58:57.29

Abbie Attwood

So embracing meal planning is this way to simplify your life not shrink your body is yes.

59:00.50

Anjali Prasertong

Yeah, I'm being flexible like sometimes I I won't like exactly play on the meal but I'll know you know with these 3 things like I'll be able to make something and I'll see how I feel in that night

59:09.63

Abbie Attwood

Generally.

59:14.63

Abbie Attwood

I'm doing that exact thing tonight. I have a Costco rotisserie chicken and as I mentioned before I have none and I'll probably just like to throw something else to get because it's like I didn't get some chicken. Whatever we'll see, what we can do sounds great. Yes, exactly.

59:16.47

Anjali Prasertong

Who aha. Yeah, that sounds great. Some kind of stars. Maybe.

59:31.99

Abbie Attwood

Well oh my gosh I am just thank you for your time like so much It's been such a joy to talk to you? Yeah can you? , we've called out your newsletter but can you just I'll link it all in the show notes but just kind of repeat to everybody where they can find you and just.

59:35.59

Anjali Prasertong

Yeah, thank you? That's been great.

59:48.59

Abbie Attwood

Learn from you and with you and all of these things.

59:51.26

Anjali Prasertong

Sure so my newsletter is called anti-racist dietician and you can find it at [angelliruth.substa.com](http://angelliruth.substa.com) it's anjali ruth dot substack dot com. And I'm on Instagram at anti-racist RD.

01:00:09.60

Abbie Attwood

Perfect. Okay, gonna link all of that and yeah, just wanted to say. Thank you. I know that everybody's going to get a lot out of this conversation and I'm just grateful for all the work you're doing in the world and you're writing and I look forward to all your newsletters all the time. So thank you? yeah.

01:00:23.69

Anjali Prasertong

Ah, thanks so much. It's been great.