Anthropology of Food Week 10

"Local Digestion: Making the Global at Home"
and
Real People . . . Real Places . . .

Booyah . . . Soul Food . . .
and
The Two Fat Ladies

This week we meet the
"Booya Kings: Dads & Sons"
part of a "male bonding ritual" in St. Paul, MN.
Booya is a big event in Minnesota . . .

Required reading for Packer Fans:
The class **Booyah Web Page** is at
<http://www.d.umn.edu/cla/faculty/troufs/anthfood/albooya.html#!/title>

**Moveable Feast: Booya**  -- John Birge, ClassicalMPR (21 October 2016)

**What is Booya?**  -- Minnesota Monthly (October 2016)

**In Minnesota, booya is more than just a stew**  -- Sharyn Jackson, Star Tribune (22 October 2015)

**Booya contest in South St. Paul is losing its longtime organizer:** Walter Books, who christened South St. Paul the "booya capital of the world," is stepping down  -- StarTribune (08 October 2016)

Fall is generally **booya “season”** and the Twin Cities papers always carry information on where to get some . . .

**It’s booya time! Here’s where to find that thick, rich stew**  -- PioneerPress, TwinCities (5 October 2017)

**Where to find "Booyah" in Minnesota**  -- K102 (05 September 2017)

![Booya Contest](image)

And we’ll meet the
Soul Food Junkies and
The Two Fat Ladies

Soul Food Junkies is "a Film about Food, Family, and Tradition" featured on the PBS Independent Lens series.

Visit the Soul Food Junkies website and have look around. . . .

And visit the class Soul Food WebSite . . .

About the Film Soul Food Junkies, from the Producers

“... Soul food is a long held culinary tradition passed down from generation to generation, and is a source of pride for many black
people. Some soul food, depending on how it is prepared, can be good for you. But when it is cooked with lots of fat, sugar, and salt — which is often the case — it can lead to obesity and other health issues.

“In Soul Food Junkies, [filmmaker Byron] Hurt sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, the film puts this culinary tradition under the microscope to examine both its positive and negative consequences. Hurt also explores the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options, and meets some pioneers in the emerging food justice movement who are challenging the food industry, encouraging communities to ‘go back to the land’ by creating sustainable and eco-friendly gardens, advocating for healthier options in local supermarkets, supporting local farmers’ markets, avoiding highly processed fast foods, and cooking healthier versions of traditional soul food.”

Speaking of **Race (and Gender, and Class)**, be sure to have a look at the now-classic . . .

**AF Discussion:** [Michael W. Twitty's Open Letter to Paula Deen from Afroculinaria](https://afroculinaria.com/newsletter/afro-culinaria-michael-twitty-open-letter-paula-deen/)

Twitty’s letter is a well-written—now quite famous—piece.

and, more on Michael Twitty, [This Historian Wants You To Know The Real Story Of Southern Food](https://www.npr.org/2016/10/01/498373422/this-historian-wants-you-to-know-the-real-story-of-southern-food)

At the Nobel “Making Food Good” Conference at Gustavus two of the speakers talked about obesity in America at the very beginning of their presentations—Marian Nestle (no relation to the company) reviewed the now-common information that Americans (and people in the industrial world in general) have been growing obese over the last couple of decades to the point where over 70% of the adults are now clinically overweight or obese, while Jeffrey M. Friedman, talking on “. . . the biologic base of obesity” began his talk stating that the figures were misleading [no pun intended], and, even if they weren’t, genes basically control body weight.

But as Robert H. Lustig, M.D., points out, “**We even have an epidemic of obese six-month-olds!**” (*Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*. Hudson Street, 2012, 4). The human gene pool hasn’t substantially changed in the last few decades, **so the cause cannot be genetics**, or even primarily a laps of individual self-control.

And it’s not just in the United States. In England they had to buy some new ambulances because some of **the guests will not fit into the current ambulances**. And if one doesn’t fit in the ambulance and is off to the morgue, the same problem awaits. In 2013 **one chap in the morgue wouldn’t fit into the morgue’s cooler and they left him start to decompose on the autopsy table. . . .**

- **‘Too big’ body left to decompose** — BBCNews (09 March 2012)
- **Ambulance service buys vehicles for obese patients** — BBCNews (23 January 2012)
- **Obese patient needs bigger ambulance** — BBCNews (03 February 2011)

The National Health Service in Great Britain now puts obese patients at
the end of the surgery queues, denying them routine surgery. . .

Obese patients and smokers banned from routine surgery in 'most severe ever' rationing in the NHS -- The Telegraph (02 September 2016)

Speaking of obese bodies . . .

'Overly obese' body sparks Ohio funeral home fire -- BBCNews (27 April 2017)

Not so long ago in my hometown of Winsted, MN, they added a wing to the “leisure home” and purchased doublewide wheelchairs, and hoists to get the guests in and out of bed and bath. The medical staff are not able to lift newly-arriving residents.

On a flight I was on not so long ago there was a passenger who physically took up two seats in the business class section. If he gets any larger, he may need help from the flight attendants to “shoehorn” him into the plane through the boarding door. (I don’t think airlines allow passengers to ride in the cargo hold—yet.)

The airplane problem has gotten so bad that airlines are starting to charge obese passengers more to fly . . .

Should obese passengers pay more to fly? -- BBCautos (20 October 2016)

And calls for a “Sugar Tax” and sweetened soda rationing continue to mount . . .

Sugar tax: Will paying more for fizzy drinks and alcohol make us healthier? -- BBCNews (01 May 2018)

First US sugar tax sees soft drink sales fall by almost 10%, study shows -- TheGuardian (18 April 2017)

Mexico's sugar tax leads to fall in consumption for second year running -- The Guardian (22 February 2017)

The Mexicans dying for a fizzy drink -- BBCNews (02 February 2017)
Free soda: France bans unlimited sugary drink refills -- BBCNews (27 January 2017)

Obesity is now a world-wide problem . . . and not all that long ago in the United States the American Medical Association declared obesity to be a “disease” . . .

Child and teen obesity spreading across the globe -- BBCNews (11 October 2017)

Global cost of obesity-related illness to hit $1.2tn a year from 2025 -- TheGuardian (12 October 2017)

Obesity is a disease in the US. Should it be? -- Kate Dailey, BBCNews (24 June 2013)

Obesity is a 'disease.' Now what? -- NPRNews (21 June 2013)

In 2016, we reached the “tipping point”, so to speak . . .

More obese people in the world than underweight, says study -- BBCNews (01 April 2016)

Michael Moss’ book that came out in 2013, Salt Sugar Fat was on The New York Times hardcover nonfiction list for several months. Moss is quoted by Martha Rosenberg in the article mentioned above. And it created quite a stir. Here are some commentaries and follow-ups from the release . . .

Michael Moss, Salt Sugar Fat

Michael Moss on 'Salt Sugar Fat,' how we got so addicted -- MPRNews (1 March 2013)

Book pick: ‘Salt Sugar Fat’ by Michael Moss -- MPRNews (26 February 2013)


Why Is Sugar So Addictive? -- BBC News (22 March 2013)

How much sugar is hiding in your food? -- BBC News (22 March 2013)

And, as Dr. Lustig notes, the problem is fructose, and, of course high-fructose corn products are in tens of thousands of items, literally, in a typical American super market. <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afsugar.html#title>.

No wonder Big Food is spending millions of dollars fighting to keep information on “added sugars” off of the food label. (They argue, in effect, that their customers are not smart enough to understand what “added sugars” means.) And the sugar industry has been carrying on a campaign of misinformation and disinformation FOR THE LAST 50 YEARS . . .


Study Tied to Food Industry Tries to Discredit Sugar Guidelines -- The New York Times (19 December 2016)

The Shady History of Big Sugar -- The New York Times (16 September 2016)

Sugar shocked? The rest of food industry pays for lots of research, too -- MPRNews (14 September 2016)

50 years ago, sugar industry quietly paid scientists to point blame
So, take your pick: Genes control body weight, or food intake/lack of moving controls body weight, or, the fact that your brain doesn’t respond to fructose to let you know when you have had enough to eat results in chronic overeating, or all of the above.

Meanwhile, The Two Fat Ladies thumb their noses at the lot. We’ll meet the Two Fat Ladies next week. And, as you have seen, Michael Pollan adds his two cents worth in Ch. 6 of The Omnivore’s Dilemma, “The consumer: a republic of fat”.

Whatever your take on obesity and the “obesity epidemic” in America, which is rapidly spreading to all of the industrialized nations of the world, the startling multiple paradoxes remain: in a world that produces more food than people need or can eat, two-thirds of the world’s citizens are overweight while about 925 million people or so are undernourished while in America about 1000 Anorexics die each year of complication related to excessive weight loss thinking they are fat. . . .

We’ll have a look at these issues in Ch. 8 of Eating Culture, “Gastro-Anomie: Global Indigestion?” For the present, to get your thought processes working on the many and complex problems associated with obesity, have a listen to what the Two Fat Ladies and Sherri A. Inness and Michael Pollen and others have to say next week and the week after.

This week, in the other materials, we’ll continue to have a look at globalized industrial food; in Eating Culture we’ll have a look at Food Sovereignty and Food Security, and a look at Localizing Global and Globalized Commodities.
This week you can pick from a *smörgåsbord* of ideas on what Gillian Crowther calls “Gastro-Anomie”—obesity, as well as Food Sovereignty, Food Security/Insecurity, Cuisines, and other side topics.

**The Two Fat Ladies** in action in the Highlands of Scotland in a half-hour program, “Timber!”.

The Two Fat Ladies were into “Slow Food” and “Locavorism” before either of those were trending. Slow Food information, including the latest information from *Slow Food Lake Superior*, is available on the class page at [http://www.d.umn.edu/cla/faculty/troufs/anthfood/afslowfood.html](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afslowfood.html). If you’re interested in Slow Food you are also likely interested in local food, information about which is also available online in the class WebPage “Locavore” [http://www.d.umn.edu/cla/faculty/troufs/anthfood/allocavore.html](http://www.d.umn.edu/cla/faculty/troufs/anthfood/allocavore.html).

A little later on in the semester we’ll have a look at the slides on the other chapters (Chs. 1-7) of *Sherri A. Inness’ Secret Ingredients: Race, Gender, and Class at the Dinner Table* (.pptx). Time permitting, we’ll have a look at some of the slides from the last chapter of Sherri A. Inness’
book *Secret Ingredients*, Ch. 8, “Thin Is Not In: Two Fat Ladies and Gender Stereotypes on the Food Network.”

This week we’ll have a closer look at the last chapter of *Secret Ingredients* (Ch. 8) as we visit with the **Two Fat Ladies**. And speaking of the Two Fat Ladies, we’ll also have a look at the paradoxical simultaneous burgeoning of obesity and anorexia, in the U.S.A.—and throughout the much of the industrial world—at a time when an estimated 925 million people or so are malnourished. As time permits, we’ll have a look at some of the slides on Obesity and on Eating Disorders . . .

The "Obesity Epidemic" (.pptx)

Body Image and Eating Behaviors (.pptx)

Eating Disorders (.pdf) (.pptx)

Causes of Eating Disorders (.pptx)

Obesity, Eating Disorders: Applications (.pptx)

**While you are watching The Two Fat Ladies, do a “freelisting”**

of the things that The Two Fat Ladies talk about or mention *that are not specifically related to the actual cooking of the meal in the kitchen*. Freelisting is a technique commonly used by anthropologists when doing fieldwork, and it’s basically just making a list of the things you’re focusing on—but a complete list. (Don’t miss the gorilla. . . .)
Speaking of Super Size, the film by that name is available for Extra Credit. Super Size Me continues to be one of most frequently watched documentary films on-line.

Next week we’ll also have a look at how your food is designed nowadays . . . basically how it’s engineered, and how it’s sometimes engineered to match your bio-physical cravings—that is, to be “addictive”. Martha Rosenberg has pointed out that foods nowadays are engineered to be addictive, and, hence, fattening . . .

5 Unhealthy Foods Engineered to Be Addictive

-- Martha Rosenberg, Hungry for Change (10 July 2014)

And that’s all related to your basic bio-physical makeup. But, take your pick: Genes control body weight or food intake/lack of moving controls body weight, or, both.
Meanwhile, The Two Fat ladies thumb their noses at the lot. And Michael Pollan adds his two cents worth in Ch. 6 of *The Omnivore’s Dilemma*, “The consumer: a republic of fat.”

So we’ll have an antidote to the up-tight approach to food, from The Two Fat Ladies when we have a look at Episode 23 of their TV program, “Timber!”

**Assignments and Events**

... this week are listed on your (1) “Calendar”, and the (2) “Syllabus” sections of your *canvas* folder.

(1) This Week’s ”Calendar”
## (2) This Week’s “Syllabus”

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Sun Oct 28, 2018</td>
<td>AF 10 For Fun Food Trivia: Is Former President Obama’s Chili a Winner?</td>
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<tr>
<td>Mon Oct 29, 2018</td>
<td>AF 10 Readings</td>
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<td>AF 10 Video: Soul Food Junkies (ca. 60 min.)</td>
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<td></td>
<td>AF 10 Tim Roufs' article on Booyah (optional, except for Packer Fans)</td>
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<tr>
<td>Wed Oct 31, 2018</td>
<td>AF 10 Video: Two Fat Ladies (30 min.)</td>
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<td>AF 10 Agenda: Perennial Debates (.pptx)</td>
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<tr>
<td>Fri Nov 2, 2018</td>
<td>AF 10 Discussion: Is obesity prevention a personal or communal responsibility?</td>
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<td></td>
<td>AF 10 Discussion: Michael W. Twitty’s Open Letter to Paula Deen from Afroculinaria</td>
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And for fun, **a trivia question this week . . .**

**Is Former President Obama’s Chili a Winner?**

![Image of Barack Obama]

**Answer**

President Trump ". . . by all accounts, is not all that interested in food".

- Donald Trump Is The Fast-Food President -- David Jamieson, HuffPost (05 August 2017)
- Donald Trump as foodie in chief -- Helena Bottemiller Evich, POLITICO (16 January 2017)

If you have any **questions** right now, please do not hesitate to post them on the Canvas Course “Chat”, or e-mail troufs@d.umn.edu, or stop by Cina 215 [map].

Best Regards,

Tim Roufs

<http://www.d.umn.edu/~troufs/>