Anthropology of Food Week 10

"Local Digestion: Making the Global at Home"

and

Real People . . . Real Places . . .

1. “Booya Kings: Dads & Sons”
From St. Paul, MN
(video clip; 10:32 min.)

2. Soul Food Junkies
(video; ca. 60 min., CC, 2013)

Food and Race, Gender, and Class
3. The Two Fat Ladies  
(video; 30 min., 2008)  

“Freelisting” Assignment  

4. Other Assignments  

For Fun Food Trivia
This week we meet the

1. “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/afbooya.html#title>

**Traditional Wisconsin Boovah** -- Simply Whisked (13 March 2019)

**Green Bay Bullfrogs are now officially the Green Bay Boovah** -- WTMJ-TV Milwaukee (14 November 2018)

**Boovah, baby! Central Minnesotans stirring up for this fall classic** -- SC Times (30 September 2018)

**Boovah, a hearty Belgian soup-stew, is revered tradition in Green Bay** -- Journal Sentinel (25 September 2018)
What the Heck is 'Booyah'? -- Milwaukee Magazine (29 May 2018)

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 . . .

- Annual Booyah | Saint Paul Vulcans, 2019
- 2019 On The Road Again Booya – CD2 Action, October 5, 2019
- Booya - Facebook
- Booya & Fall Fiesta / Booya & Fiesta Otono, Highland Park, Sunday, October 6, 2019
- FallFest 2019 – St. John the Baptist Catholic Church, Booya and Polka Mass, SEPTEMBER 27, 28, 29 2019
- Brooklyn Park's Palmer Lake VFW Dishes Up “Booya”, Friday, October 11, 2019
- Men's Club Booya Preparation | Church of Saint Bernard, Friday, October 4, 2019

(video clip; 10:32 min.)
And we’ll meet the

2. Soul Food Junkies

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

(ca. 60 min., CC, 2013)

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**

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**
-- Michael Twitty, NPRTheSalt (01 October 2016)

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 . . .

**Tax junk food high in sugar and salt, says top doctor** -- BBCNews (21 December 2018)

**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)

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” . . .

- **Obesity: Ban snacking on public transport, top doctor says** -- BBCNews (10 October 2019)

- **250 million children worldwide forecast to be obese by 2030** -- The Guardian (02 October 2019)

- **What’s the Right Way to Reverse the Obesity Epidemic?: Fat shaming makes things worse. So what helps?** -- The New York Times (17 September 2019)

- **Obesity 'causes more cases of some cancers than smoking'** -- BBCNews (03 July 2019)
A Daunting Operation Offers Relief to Obese Teenagers -- The New York Times (16 May 2019)

Obesity poised to overtake smoking as leading preventable cause of cancer -- USA TODAY (30 April 2019)

Obesity: Study of 2.8 million shows increased disease and death risks -- BBC News (29 April 2019)

This Genetic Mutation Makes People Feel Full — All the Time -- The New York Times (18 April 2019)

Revealed: how big dairy pushed fattier milks into US schools -- The Guardian (04 February 2019)

- A bittersweet pill for a fat nation to swallow -- BBCcapital (19 November 2018)
- We’re in a new age of obesity. How did it happen? You’d be surprised -- The Guardian (15 August 2018)
- Record number of severely obese children -- BBCNews (24 July 2018)
- Global cost of obesity-related illness to hit $1.2tn a year from 2025 -- TheGuardian (12 October 2017)

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)


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**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 supermarket.

<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 at fat** -- MPRNews (13 September 2016)
Sugar industry rigged research: It shaped decades of data on its role in heart disease -- StarTribune (12 September 2016)

How the Sugar Industry Shifted Blame to Fat -- The New York Times (12 September 2016)

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.

And we’ll meet the

3. The Two Fat Ladies

who 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”.

We will see them in action in the Highlands of Scotland in a half-hour program, “Timber!”. 

(30 min., 2008)
Two Fat Ladies slides (.pptx)

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 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/aflocavore.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 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!”

### 4. Assignments and Events

... this week are listed on your ”Calendar”.

REM: Links on screenshots are not “hot” (active)
AND REM: Clicking on “Agenda” will give you a listings view
For Fun Food Trivia this week . . .

Is Former President Obama's Chili a Winner?

Answer

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

Donald Trump greets college football champions with McDonald's once again  
-- The Guardian (04 March 2019)
Donald Trump's fast food banquet – feeding the people Whoppers, as ever
-- The Guardian (15 January 2019)

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 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/>