Bryan Quoc Le, Ph.D.

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Web: https://www.mendocinofoodconsulting.com
Documentary: https://flavorfilm.com/
Book: https://a.co/d/037YlTyp

Education

Ph.D., Food Science; Ph.D. Minor, Chemistry, University of Wisconsin, Madison, 2020
Thesis: *In Vitro and In Vivo Activities of Allium-derived Alk(en)ylmercaptocysteines*

M.S., Chemistry, University of California, Irvine, 2014

Graduate Studies, Department of Chemistry and School of Medicine, Stanford University, 2012

B.S., Chemistry (magna cum laude), University of California, Irvine, 2011

Experience

Lecturer & Course Designer, Unity Environmental University, 2025 – Present
Courses:
- FOOD 315 – Plant-Based Protein Alternatives
- FOOD 201 – Sustainable Culinary Development

Founder & Principal Consultant, Mendocino Food Consulting LLC, 2020 – Present
Website: https://www.mendocinofoodconsulting.com

Past Clients:

- **Established Major Companies:**
  DecoPac, Blue Diamond Growers, Lactalis, Trinchero Family Estates, Valrhona

- **Venture-Backed Companies:**
  READYBAR (Advisor, Angel Investor), The Good Food Institute (Y Combinator, S18), TurtleTree ($30 Million, Series A), MiLa ($22.5 Million, Series A), Elo Life Systems ($20.5 Million, Series A2), Allozymes ($15.4 Million, Series A), Black Sheep Foods ($12.3 Million, Series A), ZoomEssence ($2.6 Million, Venture Round), Stratix Labs ($1.5 Million, Seed Round), High Time Foods ($555K, Techstars ’22), Sun Bear Bioworks (Carbon13, Cohort 3)

- **Small and Medium Enterprises (SME):**
  Sturdy Sauce, Fumari, Plant Perks, Wilderton, Ample Hills Creamery, Cool Earth Creamery, Silver Hills Bakery, Skinesa, Tres Agaves, Renude, Tutta Bella

Faculty Research Fellow, Department of Chemistry, Pacific Lutheran University, 2023 – 2024

Lead Consultant and Project Manager, The Good Food Institute, 2022 – 2023

Expert Witness & Peer Review

Peer Grant Proposal Reviewer. Foundation for Food & Agriculture Research. July 2026.

Expert Witness Rebuttal Correspondence Concerning Product Labeling, Treehouse Law LLP, August 2025.

Expert Advisory on Class Action Notification and Demand, Treehouse Law LLP, August 2025.

Peer Grant Proposal Reviewer. The Good Food Institute. July 2025.

Grants

"Analyzing Prospects for Sidestream Utilization in Alternative Protein Production." ($65,000) The Good Food Institute, 2022.

Publications

Whitepaper

Eastham, L.; Panescu, P.; Costa, S.; Le, B.Q.; Radovanovic, V.; Mijukovic, V. Cultivating alternative proteins from commodity crop sidestreams. *The Good Food Institute*, **2023**. Link

Book

Le, B.Q. 2020. *150 Food Science Questions Answered*. New York City, NY: Rockridge Press. Link

Peer-Reviewed Article

Tocmo, R.; Le, B.; Heun, A.; van Pijkeren, J.P.; Parkin, K.; Johnson, J.J. Prenylated xanthones from mangosteen (*Garcinia mangostana*) activate the AhR and Nrf2 pathways and protect intestinal barrier integrity in HT-29 cells. *Free Rad. Biol. Med.* **2021**, 163, 102-115.

Software & Data

Le, B.Q. 2026. *Taste Check model (Human Flavorome Project)*, version 2.8.5. Open-source taste-intensity model and ingredient database. Zenodo. doi:10.5281/zenodo.24540783. Link

Patents

Butler, A.; Le, B.Q. Composition and method for stimulating plant growth and productivity. **2023**, US20230138662A1.

Le, B.Q. A nutrient dense bar and a method for manufacturing a nutrient dense bar. **2022**, WO2024062275A1.

Butler, A.; Liaw-Morris, P.; Le, B.Q. Foliar composition comprising potassium bicarbonate, liquid soap, and salicylic acid or y-aminobutyric acid for enhancing plant growth and productivity. **2022**, CA3142690A1.

Honors & Awards

Food Science Consulting Company of the Year – Global Vegan Awards, LUXlife Magazine, 2024
Food Science Consultant of the Year - Global Vegan Awards, LUXlife Magazine, 2023
James Beard Legacy Scholarship ($10,000), James Beard Foundation, 2018

Cargill Diversity Scholarship, 2018
CALS Albert & Adelaide Riker Scholarship, University of Wisconsin, Madison, 2017
Wisconsin Institute of Food Technologists Graduate Student Scholarship, 2017
CALS Norman F. Olson Family Scholarship, University of Wisconsin, Madison, 2016
Science and Medicine Graduate Research Scholars Fellowship, University of Wisconsin, Madison, 2015
Cornell University Fellowship, 2015 (declined)
John F. Steindler Fellowship, University of California, Davis, 2015 (declined)
Carpenter Award, University of California, Davis, 2015 (declined)
Knowles Science Teaching Foundation (KSTF) Teaching Fellowship, Finalist, 2014
Outstanding Contributions to the UC Irvine Department of Chemistry Teaching Program, 2014
Phi Beta Kappa, 2011
Outstanding Senior in Chemistry, University of California, Irvine, 2011
Pfizer-UCI Undergraduate Research Award in Organic Chemistry, University of California, Irvine, 2011
Allergan Undergraduate Research Fellowship, University of California, Irvine, 2010
NSF Research Experience for Undergraduates (REU) Summer Fellowship, 2010
Summer Undergraduate Research Fellowship, University of California, Irvine, 2010
Merck Index Organic Chemistry Award, University of California, Irvine, 2009
Webtel.mobi-Zooppa Video Ad Competition, People's Choice Award, 2009
'Crazy Green Idea' YouTube Challenge, X PRIZE Foundation, Grand Prize ($25,000), 2009
CRC Press Outstanding Freshman in Chemistry, University of California, Irvine, 2008

Speaking Engagements, Presentations & Media Interviews

Speaking Engagements

2026

"Best Practices in R&D: From Concept Ideation to Scaling Up" *Product Development Success*. Cal Poly San Luis Obispo, San Luis Obispo, California. 10:15AM, July 30, 2026. Link

"Stanford's PhD Pathways 2026 – Entrepreneurship Panel" *Stanford Career Education*. Stanford University, Palo Alto, California. 2:10PM, March 12, 2026. Link

2024

"Cultivating Alternative Proteins from Commodity Crop Sidestreams" *American Oil Chemists' Society Sustainable Protein Forum*. Montréal, Québec, Canada. 10:55EST, May 1, 2024. Link

"wasteCANcreate Summit: Generating a Canadian Bioconversion Upcycling Strategy" *Ontario Genomics*. Evergreen Brick Works. Toronto, Ontario, Canada. 10:30AM EST, March 6, 2024. Link (Invitation-Only)

2023

"Climate Science on Tap: Alternative Proteins" *Cascadia Climate Action.* Bickerson Brewhouse. Seattle, Washington, United States. 7:00PM PST, September 13, 2023. Link

"Everything You Never Learned About Food & Flavors (Not Covered Lecture Series)" *RAIN Incubator*. RAIN Incubator. Tacoma, Washington, United States. 6:00PM PST, April 4, 2023. Link

Presentations & Podcasts

2026

"Food Scientist to Medium: Dr. Bryan Quoc Le on Consciousness, Psychedelics & the Afterlife" *The Kidd and Friends Podcast*. September 27, 2026. Link
"Food Labels and Project Yellow Light" *iHeartRadio Communities*. July 16, 2026. Link
"M&M's to launch dye-free candies in August" *LiveNOW from FOX*. June 27, 2026. Link
"The Science of Flavor: How Food Really Works | Bryan Quoc Le on Sexy Science Time" *New Solutions Network*, January 29, 2026. Link
"The Food Scientist Who Thinks Differently | Episode # 296 with Bryan Le" *Spaghetti on The Wall Podcast*, January 6, 2026. Link

2025

"How Flavor Works: Food Science, Culture, and the Future of What We Eat" *Where We Find Home*. December 24, 2025. Link
"I Walked 2,000 Miles to Become a Food Scientist – Bryan Quoc Le | Ep 61" *The Iferia Techcast.* October 17, 2025. Link
"The Science of Food: Preservatives, Sugar, and the Gut Microbiome with Dr. Bryan Quoc Le" *Deep Shallow Dive Podcast.* September 30, 2025. Link
"Failing forward as a food scientist and food designer w/ Dr. Bryan Quoc Le" *Phantom Electric Ghost*. September 30, 2025. Link
"Ep 266: The Food Matrix: Exploring Flavor, Film, and Creativity with Dr. Bryan Quoc Le" *Filmmaking Conversations Podcast with Damien Swaby*. September 26, 2025. Link
"Building Your Alt Protein Career: Food science, consulting, and science communication" *The Good Food Institute.* June 23, 2025. Link
"Cannabis Beverages, Global Palates, and the Gray Zone With Bryan Quoc Le, Ph.D." *Qredible*. April 25, 2025. Link
"WS48 He Earned a PhD and Built a Business – All Before Knowing He Had ADHD – with Bryan Quoc Le." *ADHD Wise Squirrels.* April 22, 2025. Link
"Umami, Taste and Kitchen Chemistry of food ingredients! Delicious with guest Dr Bryan Le" *Whimsical Wavelengths*. March 31, 2025. Link
"Bubbles & Biz with Dr. Bryan Quoc Le" *The Bubbles Effect*. March 13, 2025. Link
"Innovative Marketing Strategies 2025: SEO, AI, Reddit, and Beyond" *LinkedIn Marketing Podcast*. February 2, 2025. Link
"What is a Food Scientist and What Do They Do?" *Unboxing Careers.* January 29, 2025. Link

2024

"The Power of Storytelling in Science: Making Complex Topics Accessible | Bryan Quoc Le | 594" *Leveraging Thought Leadership Podcast.* September 14, 2024. Link
"Bryan Quoc Le | Sep 4, 2024" *StorySamurai*. September 4, 2024. Link
"Tea Biz – Sensors and Food Safety" *Tea Biz by Dan Bolton.* May 30, 2024. Link
"Ep. 28 – Bryan Le (Food Science Consultant)" *Cultivating Careers in Alternative Proteins Podcast*. January 30, 2024. Link

2023

"How to manage your holiday leftovers safely according to scientists" *Global News Montreal*. December 28, 2023. Link
"GFI analysis: Cultivating alternative proteins from commodity crop sidestreams" *The Good Food Institute*. October 24, 2023. Link

"Alternative Dairy and Meat – From Precision Fermentation to Cellular Agriculture" *International Dairy Deli Bakery Association*. October 18, 2023. Link
"AltMeat: Product Design of Plant-Based Foods (Guest Lecture)" *UC Berkeley Sutardja Center*. October 9, 2023. Link
"Cultivated Meat Part 2 of 3 – What gives cultivated meat its flavor and texture with food scientist Bryan Le, PhD" *Nutrition Geeks @Microsoft*. September 13, 2023. Link
"Designing Systems to Valorize Food Waste Using Solid-State Fermentation (Guest Lecture)." *Fermentation Science Institute, Southern Illinois University Carbondale*. August 30, 2023. Link
"Ep 66 – Bryan Quoc Le, Ph.D., Food Scientist, Food Industry Consultant and Author" *FoodGrad Podcast.* July 12, 2023. Link
"Vissaus" *Keuringsdienst van waarde*. June 23, 2023. Link
"Author Bryan Le on transitioning to Food Science and becoming a consultant" *Abbey the Food Scientist*. May 3, 2023. Link
"#121 Interview with Bryan Quoc Le on stepping beyond one's comfort zone" *PhD Career Stories*. April 13, 2023. Link
"Episode 40: Career talks... From Academia to Consulting" *The Struggling Scientists*. February 21, 2023. Link
"When flavor meets health – How to get the best flavor without sacrificing nutrients with Bryan Le, PhD" *Nutrition Geeks @Microsoft*. February 16, 2023. Link
"Leveraging Your PhD in the Consulting Space with Bryan Quoc Le" *PapaPhD.* January 26, 2023. Link
"Consulting after your PhD" *PhD Talk*. January 24, 2023. Link
"Dr. Bryan Quoc Le, Food Scientist" *Discover Discovery*. January 5, 2023. Link

2022

"Bryan Quoc Le on 150 Food Science Questions Answered" *Ronin Institute.* November 2, 2022. Link
"Bryan Le and Taking this Journey with Loved Ones" *ADHD Online.* October 4, 2022. Link
"Plant-Based Foods: A Perspective on Innovation, Science and Technology". *Future Food Cast*. July 28, 2022. Link
"Failure Friday: "I Dropped Out of Stanford and Left My Business at the Same Time…" *Side Hustle School*. February 25, 2022. Link
"Food Technology and Science." *The World According to Jesse* (Jesse Ventura, Former Governor of Minnesota). January 28, 2022. Link
"An Interview with Dr. Bryan Quoc Le and His Food Science Book." *Leadwire*. December 19, 2021. Link

2021

"The Science of Taste and Flavour – Fireside Chat with Dr. Bryan Quoc Le, Food Scientist." *The Science Says*. October 14, 2021. Link
"Food Scientist Cooks Up Juicy Profits." *The Side Hustle School*. June 25, 2021. Link
"How Condiment Supply Chain Shortages Make Or Break A Restaurant's Flavor Profile." *MarketScale*. April 19, 2021. Link

2020

"Scientific Communication feat. Bryan Le." *Food in the Hood*. July 27, 2020. Link
"The future of food." *Yellow Blue and Green.* June 23, 2020. Link

Journalist Interviews & Expert Quotes

2026

"Doctors bust Thanksgiving myth that 'turkey makes you sleepy'" *The Washington Times*. November 25, 2026. Link

"Balls, bugs and beastly bites: The surprising nutrition of bushtucker trial food on I'm A Celeb" *The Tab*. November 25, 2026. Link
"Are Wooden Spoons Safe For Cooking? What Food Scientists Want Southern Cooks To Know" *Southern Living*. November 20, 2026. Link
"The One Ingredient That Makes Grilled Cheese Even Better—and It's Already in Your Fridge" *Martha Stewart*. November 19, 2026. Link
"How to Wash Blueberries the Right Way—and Why It Matters" *Martha Stewart*. November 16, 2026. Link
"Worried about microplastics in your tea bags? Try these nontoxic alternatives" *Yahoo Health*. October 30, 2026. Link
"3D-printed food may soon be coming to your grocery store" *The Independent*. October 19, 2026. Link
"Garlic Can Turn Into a Superfood—If You Prepare It the Right Way" *National Geographic*. August 27, 2026. Link
"Food Safety Experts Are Wary Of These 5 Items At Concession Stands" *HuffPost*. August 20, 2026. Link
"You Should Never Store These Foods In Plastic Containers, According To Experts" *Delish*. August 3, 2026. Link
"The foods least likely to get you sick — as 'explosive diarrhea' parasite, Listeria and E. coli infiltrate our meals" *New York Post*. July 22, 2026. Link
"New Health Risks of Artificial Sweeteners Identified by Study" *Newsweek*. July 2, 2026. Link
"The Only Way You Should Store Carrots, According to an Expert" *Simply Recipes*. June 27, 2026. Link
"Here's the Real Reason Why Butter Is Yellow" *Reader's Digest*. June 18, 2026. Link
"Do You Really Need To Wash Avocados? An Expert Weighs In" *Simply Recipes*. April 29, 2026. Link

2025

"Nostalgia Meets Neurogastronomy: The Psychology, Science of Flavor Recreation" *The Food Institute*. December 26, 2025. Link
"What food safety experts say they won't order when dining out at restaurants" *Fox News*. December 21, 2025. Link
"FSMA 204: Pros and cons of using AI for food safety" *Supermarket Perimeter*. November 19, 2025. Link
"The Single Riskiest Food On Your Thanksgiving Table, According To Scientists" *HuffPost*. November 12, 2025. Link
"8 Everyday Foods Most Often Faked With Cheap Substitutes – And How to Avoid Them" *Martha Stewart.* October 19, 2025. Link
"Coffee's delicious journey from tiny bean to tasty brew" *Popular Science*. October 18, 2025. Link
"6 Foods You Can Safely Eat Past The Expiration Date, According To Experts" *Delish.* October 9, 2025. Link
"A Food Scientist Told Us We're All Washing Our Produce Wrong – He Recommends These OXO Tools, From $9" *EatingWell.* September 19, 2025. Link
"How Long Maple Syrup Really Lasts – and the Best Way to Store It" *Martha Stewart.* September 13, 2025. Link
"This Common Way Of Loading Your Fridge Could Be Ruining Your Groceries" *HuffPost*. September 4, 2025. Link
"Starbucks hops on the health craze with protein coffee weight-loss influencers had been concocting in its drive thru for months" *Fortune*. September 4, 2025. Link
"This Is the Only Type of Ice You Should Use at Your Next Barbecue" *Reader's Digest.* August 29, 2025. Link
"10 Kirkland Items You Should Skip at Costco, According to Experts" *Reader's Digest.* August 25, 2025. Link
"The Types Of Ice You Should Use For A Mocktail" *The Takeout.* August 24, 2025. Link
"Here's The Best Type Of Ice To Use In Your Water Bottle" *The Takeout.* August 23, 2025. Link
"Radioactive shrimp at Walmart is par for the course, Louisiana expert says" *KPLC 7 News.* August 22, 2025. Link
"Does One Moldy Mushroom Ruin The Whole Pack? Experts Weigh In" *Delish.* August 20, 2025. Link
"Here's Why Tomato Juice Tastes Better on Planes (And No, You're Not Imagining It!)" *Reader's Digest*. August 18, 2025. Link
"Is Iridescent Beef Normal? Yes, And Here's Why" *Food Republic.* August 16, 2025. Link
"This cheap household staple is the key to easily eliminating mold and odors in your fridge with zero effort" *Homes & Gardens*. August 13, 2025. Link
"This Is Why Corn on the Cob Only Ever Has an Even Number of Rows" *Reader's Digest.* August 12, 2025. Link
"Microwave Vs Air Fryer: Which Is Best For Reheating Egg Rolls?" *Food Republic*. August 9, 2025. Link

"183 Pounds of Recalled Honey Affixed With FDA Risk Warning" *NTD News.* August 5, 2025. Link
"Husband refuses to eat chicken left in hot car for hours, sparking food safety debate" *New York Post.* August 2, 2025. Link
"How to Wash Blackberries to Remove Contaminants—and Keep Them Fresh Longer" *Martha Stewart*. August 2, 2025. Link
"Here's Why Costco Milk Stays Fresh Way Past Its Sell-By Date" *Reader's Digest.* July 31, 2025. Link
"6 Common Meal Prep Mistakes That Could Be Making You Sick, According to Food Safety Experts" *Real Simple*. July 31, 2025. Link
"These Are the Kirkland Canned Goods You Should Never Buy from Costco—Here's Why" *Reader's Digest*. July 31, 2025. Link
"Check Your Cherries – Expert Explains Why They Could Contain Worms After TikTok Goes Viral" *Prevention.* July 27, 2025. Link
"How To Eat Pho So You Don't Look Like A Total Newbie" *The Takeout.* July 24, 2025. Link
"Clam Juice Is A Terrible Fish Sauce Substitute. Here's What To Use Instead" *The Takeout.* July 24, 2025. Link
"Here's Why Costco's Ice Cream Is So Good – And Which Brand Is Behind It" *Reader's Digest.* July 23, 2025. Link
"Wellness Influencers Swear By Raw Milk – So Why Do Experts Say Never To Drink It?" *HuffPost UK.* July 21, 2025. Link
"Mom's unexpected secret chili ingredient leaves millions of TikTok viewers divided: 'Absolutely not'" *Fox News*. July 17, 2025. Link
"Here's Why Costco's Milk Containers Are Shaped Like That" *Reader's Digest*. July 16, 2025. Link
"Here's Why Grocery Stores Spray Produce with Water (And No, It's Not Always for Freshness). *Reader's Digest.* July 14, 2025. Link
"Should you keep eggs in the fridge? Short answer: Yes." *Popular Science.* July 6, 2025. Link
"The Right Way to Store Parsley So It Stays Fresh for Longer" *Martha Stewart.* July 5, 2025. Link
"The Best Way to Clean Blueberries to Remove Pesticides and Prevent Mold" *Martha Stewart*. July 2, 2025. Link
"This Is the Real Reason Why Most Ice Cubes Are Square" *Reader's Digest*. June 29, 2025. Link
"Is It Safe To Cook With A Scratched Dutch Oven?" *HuffPost*. June 26, 2025. Link
"Here's Why Ice Cubes in Restaurants Have Holes" *Reader's Digest*. June 25, 2025. Link
"Kraft Heinz removing all artificial dyes from its US products" *NewsNation.* June 18, 2025. Link
"Kraft Heinz to remove synthetic dyes from US products amid 'Make America Healthy Again' pressure" *New York Post.* June 17, 2025. Link
"Is It Safe To Eat Those Steam-In-Bag Microwavable Foods?" *HuffPost.* June 11, 2025. Link
"Experts Say You Should NEVER Store These Foods In Plastic Containers – Here's Why" *Delish.* June 9, 2025. Link
"Is It Still Safe To Use Plastic Wrap?" *HuffPost.* June 2, 2025. Link
"This Frozen Laundry Detergent Hack Is Going Viral – But You Should Absolutely Not Do It" *Better Homes & Garden.* June 1, 2025. Link
"Vietnamese Iced Coffee Calls For Just One Creamy Canned Ingredient" *Food Republic.* May 26, 2025. Link
"How Pickle Lemonade Took Over The Group Chat" *The New York Times.* May 19, 2025. Link
"Hiker Goes On Trail, Unprepared for What They Find During Walk: 'Scared'" *Newsweek.* April 25, 2025. Link
"Egg prices hit record high in March – despite fewer bird flu outbreaks, lower wholesale costs" *New York Post*. April 10, 2025. Link
"What Is Soju And What Does It Taste Like?" *Chowhound.* April 5, 2025. Link
"How to Store Artichoke to Keep Them Fresh and Green" *Martha Stewart*. March 24, 2025. Link
"Can You Reuse Sous Vide Water?" *Chowhound.* March 22, 2025. Link
"Is Beef Tallow Actually Good for You?" *Time Magazine.* March 19, 2025. Link
"5 Foods And Drinks To Avoid At The Airport, According To Food Safety Experts" *HuffPost.* March 13, 2025. Link
"Egg prices start to drop after bird flu shortage caused massive hikes" *New York Post.* March 12, 2025. Link
"Why You Should Seriously Consider Reheating Food Delivery That Arrives Lukewarm" *HuffPost*. March 5, 2025. Link

"Your Office Microwave Is a Hotspot for Bacteria, According to a Recent Study" *Food & Wine.* March 4, 2025. Link
"Climate Change Threatens the Future of Food Supply Chains" *Supply Chain Brain.* February 27, 2025. Link
"Key food expiration dates explained: Sell-by vs best-by vs freeze-by and more" *NBC News.* February 19, 2025. Link
"The Right Way to Store Radishes to Keep Them Crisp and Crunchy" *Martha Stewart*. February 19, 2025. Link
"Wings rising up while chicken category expands" *Meat+Poultry.* February 14, 2025. Link
"Is It Safe To Reuse Plastic Grocery Bags? Experts Weigh In" *Southern Living.* February 3, 2025. Link
"Supermarket products that food safety experts refuse to eat – and why" *Mirror.* January 30, 2025. Link
"13 Dipping Sauces That Pair Well With Fish Sticks" *Tasting Table*. January 25, 2025. Link
"Trump's Food Tariffs Could Change the American Diet" *Newsweek.* January 10, 2025. Link
"How To Know If Your Takeout Container Is Safe To Microwave" *HuffPost*. January 7, 2025. Link

2024

"Food Safety Experts Reveal The 4 Ingredients They Would Never, Ever Order When Out To Eat" *BuzzFeed.* December 24, 2024. Link
"Why Does Cilantro Taste Like Soap to Some People?" *Martha Stewart.* December 16, 2024. Link
"A TikToker Found Bugs In Her Flour – Here's How To Prevent An Infestation, According To An Expert" *Delish*. December 4, 2024. Link
"Intermittent Fasting May Be Popular, but Experts Still Aren't Sold" *POPSUGAR.* October 4, 2024. Link
"Reddit User Shocked After Biting Into 'Zombie' Banana, Experts Weigh In" *Newsweek*. September 18, 2024. Link
"How Bad Is It To Bake With Rusty Pans?" *Delish*. September 13, 2024. Link
"Ever Wonder Why Nuts Are So Expensive? Read This Before Your Next Snack." *HuffPost.* September 10, 2024. Link
"11 Mistakes Health Experts Say You Should Avoid When Storing Raw Chicken" *Mashed.* September 2, 2024. Link
"Can microwaves kill bacteria? Experts reveal the answers" *Top Ten Reviews*. August 23, 2024. Link
"Is It Safe To Eat Hot Delivery Food That Arrives Cold?" *HuffPost*. August 1, 2024. Link
"Internet Horrified After Seeing Result Of Unwashed Water Bottle-'Ecosystem'" *Newsweek*. June 27, 2024. Link
"Why Are People Promoting Raw Milk?" *Rolling Stone*. June 19, 2024. Link
"How To Stop Bugs From Getting In Your Spices, According To An Expert" *Delish*. June 13, 2024. Link
"Want To Avoid Food Poisoning? Skip These Items At Your Hotel's Breakfast Buffet" *HuffPost*. May 13, 2024. Link
"I Asked A Food Scientist About The Five-Second Rule – Here's The Unsettling Truth" *Delish.* April 30, 2024. Link
"Are these coffee alternatives worth the hype?" *National Geographic*. August 29, 2024. Link
"How To Store Lettuce So It Stays Fresh for 2 Weeks or More" *Martha Stewart*. April 6, 2024. Link
"How to Store Carrots So They Stay Crisp, According to Experts" *Martha Stewart*. March 19, 2024. Link
"How not to cry while cutting onions, according to the experts" *CNN Health*. March 18, 2024. Link
"I'm a food safety expert – I always avoid these 4 items at the grocery store" *New York Post.* March 9, 2024. Link
"Our love of soft, sweet foods goes back even further than we imagined" *Salon*. February 10, 2024. Link
"The Right Way to Store Banana Bread – So You Can Enjoy Every Last Slice" *Martha Stewart*. February 9, 2024. Link
"The Right Way to Store Homemade Bread So It Stays Fresh" *Martha Stewart*. February 2, 2024. Link
"3 Ways to Ripen Bananas – Including One Method That Takes Only Minutes" *Martha Stewart*. January 30, 2024. Link
"That Viral Video Of Reese Witherspoon Making "Snow Ice Cream" Has Generated A Lot Of Mixed Reactions – Here's An Expert's Take On The Trend" *BuzzFeed*. January 26, 2024. Link
"How to Cut an Onion Without Crying" *Martha Stewart.* January 23, 2024. Link
"Does Sriracha Taste Different After The Shortage? We Put It To The Test – And Learned Proper Storage Etiquette In The Process" *LAist*. January 19, 2024. Link

"11 Freezer Storage Mistakes That Are Ruining Your Frozen Food" *Martha Stewart.* January 8, 2024. Link

2023

"Why does fruitcake last so long? Ingredients and preparation of the dessert play into its longevity" *Fox News.* December 28, 2023. Link
"How to manage your holiday leftovers according to scientists" *Global News Montreal.* December 28, 2023. Link
"Food Safety Experts Reveal The 4 Ingredients They Would Never, Ever Order When Out to Eat" *BuzzFeed*. December 25, 2023. Link
"Why Does Fruitcake Last So Long?" *Scientific American*. December 25, 2023. Link
"Meat Authenticity and Tackling Meat Fraud" *Technology Networks*. December 11, 2023. Link
"How to Store Apple Cider Vinegar So It Stays Fresh for Years – Food Pro's Easy Trick" *For Women First*. December 2, 2023. Link
"How Long Do Thanksgiving Leftovers Last" *Scientific American.* November 22, 2023. Link
"Baby Food Pouches Recalled Over Lead Contamination, What to Know" *Healthline*. November 8, 2023. Link
"How to Wash Your Fruits and Vegetables the Right Way" *theSkimm*. October 24, 2023. Link
"Never eat these 4 popular foods, safety experts warn: 'Just not worth the risk'" *New York Post*. October 3, 2023. Link
"Food Safety Experts Avoid These 4 Foods At The Grocery Store" *HuffPost*. October 1, 2023. Link
"Why Do My Hard-Boiled Eggs Have Green Yolks?" *Southern Living*. August 11, 2023. Link
"4 Ingredients Food Safety Experts Never Order At A Restaurant" *HuffPost*. July 13, 2023. Link
"The Simple Vinegar Hack You Should Follow To Fix Slimy Okra" *Daily Meal.* July 7, 2023. Link
"Everything You've Ever Wanted To Know About Polenta & How to Cook It, According to Chefs" *Parade.* June 20, 2023. Link
"What Exactly Is Ghee? We Asked 3 Chefs How They Use the South Asian Ingredient" *Parade.* June 14, 2023. Link
"Kanye West Served Sushi Off Naked Women At His 46th Birthday Party & Fans Are *Not* Happy" *Delish*. June 13, 2023. Link
"Reaching For Those Leftover Slices In The Fridge? Here's How Long Pizza Really Lasts According To Food Experts" *Parade*. May 31, 2023. Link
"Does Peanut Butter Go Bad? How to Spot a Spoiled Jar" *Eat This, Not That!* May 27, 2023. Link
"Bet You Didn't Know You Were Eating Leftover Rice Wrong" *Parade*. May 25, 2023. Link
"Can You Freeze Milk? The Answer Might Surprise You" *Parade.* May 23, 2023. Link
"Just How Safe Is Tin Foil In An Air Fryer Really? Here's What the Food Experts Have to Say" *Parade.* May 19, 2023. Link
"How Long Every Type of Condiment Lasts After You Open It" *Martha Stewart.* May 9, 2023. Link
"How To Quickly Defrost a Block of Ground Beef in 30 Minutes When You Have Hungry Guests on the Way" *Parade*. May 8, 2023. Link
"Hair, bugs, mold – the shocking truth behind what's inside your favorite foods" *New York Post*. April 28, 2023. Link
"What Is 3D-Printed Meat? *Built In*. April 19, 2023. Link
"Drug-resistant bacteria found in 40% of supermarket meat samples" *Medical News Today.* April 18, 2023. Link
"The Right Way to Freeze Every Type of Cheese, According to Culinary Experts" *Parade.* April 18, 2023. Link
"What Is 3D-Printe Food? How Does It Work?" *Built In.* April 6, 2023. Link
"14 Best Fast-Food Chicken Sandwiches in America" *Eat This, Not That!* April 6, 2023. Link
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