

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover **EPISODE 13- Never Gonna Give You Up**

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight.

I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

Hey Y'all. It is Brooke and thank you for listening to the Who's Dat Phat Girl Podcast. And, today's episode is called [singing to the tune of the Rick Astley song] Never Gonna Glve You Up and that is obviously in honor of my main man - i mean he's not really my main man, he doens't know I exist...yet. Rick Assley. Rick AsTley. I just said Rick Ass-ley. Rick AsTley. That was a bad vocal usage. So, Rick Astley, his song was topping the charts back in 1988 which was the year of my genie costume. And, it feels like in the past couple years maybe like four years ago or so, not even and definitely and Ted Lasso of Season 2 the song [sings again] Never Gonna Give You Up and Rick Ass-ley - AsTley for the love of God, Brooke. It makes a come back and I'm gonna say something right now. I was using that song in my solo show Phat Girl Costumes which inspired this podcast well before that. So, anyways. I'd like to say I made Rick Astley popular again. I probably didn't. But, today this podcast has nothing to do with Rick Astley because we're talking about food. We're talking about foods that I will never give up and foods that I definitely will give up.

So, weight loss aside, there's certain foods that I personally have given up for health purposes and the weight loss was a side effect. And, yes the weight loss is always looming over my head. For God's sakes, I was always overweight for more than half of my life. So...yes. I want to give up certain foods to lose weight but it also became a thing of I associate certain foods with mental clarity which I need to sniff my rosemary oil right now because I'm already getting a little ADD but see I had gluten today.

So, for example, I had a bagel, a pumpernickel bagel with tofu cream cheese spread - see I can't do dairy and gluten in the same day or I won't be able to function. But, if I have too much of one thing that makes me feel or act weird, it's no good. So...here we go. Certain foods that I will give up include...

Regular hot coffee. Just bye girl bye. Most of the times, especially when I am getting the hot coffee out, it's not good. It's not strong and it tastes like canal water so it's like what's the point? I make it at home much better because I like it stronger. I like it [a grunty voice] like I like my men. Nice and strong. I think that was really anti-feminist of me to just say that.

Something else I gave up, something else I gave up right away that helped me lose weight but also helped my body process everything better was added sugar. So, with the added sugar, that's giving up a lot of different things, which include obviously soda. So, I can't tell you the last time I had coke or even diet coke, I don't drink that stuff. I do drink [sing-song voice] Seltzer. All my friends know that I'm a big Seltzer person but I even have to be careful with Seltzer. We'll get to that in a moment. But, soda, soda, bye girl bye.

Also, juice. Not like green juice cause I do love green juice that just tastes like a bunch of grass that you have put together in a drinkable format. But, juices like apple juice, orange juice. I mean my boyfriend Harry drinks orange juice but like with pepper and salt. That's his thing. Every so often I crave fresh squeezed grapefruit juice. But, no thanks. I would just rather eat the grapefruit. Because, oftentimes with me with juice I realized like with apple cider, love apple cider. But, I only allow myself to have it maybe once a year in the fall-time because again, too much sugar off-sets my hormones and we all know I have Poly Cystic Ovarian Syndrome so it's like what would I rather? You know? Feel like a crazy person or have twenty-five apples juiced at once in a glass for me?

So, would you eat twenty-five apples at a time? I doubt it. Just eat one apple, get on with it or don't eat the apple and have a little shot of apple cider. I don't know. Something else I gave up right away and I must say I'm not Italian so it was easy for me is rice - sorry. Is pasta. I gave up pasta like bye girl. And, one thing I used to love more than anything - I wonder if they still make it - at Chili's was like the Cajun Chicken Pasta and they call it "Cajun Chicken" because the spices I guess they just used Tony's or their version of Tony Chachere's - it was so good but it was like this alfredo - I don't even care about the amount of calories or carbs it had just all that white pasta it just sits in your gut and by your gut I mean mine and just festers and does crazy things to me. So, bye girl with the pasta.

I can't even tell you the last time I had regular pasta because usually I'll just do zucchini noodles. Zoodles which is such a BS term in my humble opinion or I'll do like chickpea pasta or things like that. I also gave up white rice. So, while pasta might be something hard for my Italian friends to give up, rice, especially white rice is something hard for my Cajun folk and many other friends around the world in other cultures to give up.

I gave up white rice. I'm like I don't need it. I'd rather the stuff that goes with the white rice more. You know? I'd rather the etouffée or the beans and if I really want the texture of rice, I'll do a little bit of brown rice, which definitely is not the same. I can't even cook it. Usually my momma cooks it because she can cook a mean cup of brown rice. And, if you don't believe me, just ask my dogs. Annie and Archer. [Annie the Pomeranian's Raspy Voice] Yeah she makes a great cup of brown rice. Seriously brown rice is not easy to cook.

Something else I gave up pretty easily: Sandwiches, wraps uh burgers with the bun cause I'm like again what I want is the stuff inside. But, also on the note of sandwiches et cetera, deli meats. Deli meats have got a lot of added sodium, nitrates, nitrites, something like that. Just not good stuff. Gave 'em up. Candy bars? Gave up candy bars cause we'll get to it, I substitute candy bars with something - and no, y'all it's not mashed up dates cause dates got a lot of sugar, too.

And, let's see the CONfort - "CONfort" - See I have to always work on that. The comfort foods that I've given up crawfish. But, I never really liked crawfish anyways. Everybody back home in Louisiana probably wants to kill me right now.

But, at least I didn't call them "crayfish". God, do not call crawfish crayfish they're crawfish. Gave them up easily. Just super salty and there's a lot of poop in them. I can easily say I gave up king cake, beignets, po-boys, muffalettas, see all the bread based goodnesses but that's only because I can't get a good one up here in the New York - New Jersey area. But, we all know the king cake, I have a whole other episode about that where I did get a good one at Whole Foods. But, was it good enough to eat all the time? No. And, king cake you can't even get all the time anyways. Needless to say, even if I lived back home, I don't think I would eat beignets once a day. Definitely not. I would not even eat them once a week. Again, it's just too heavy. And, beignets are also fried which brings me back to another thing : I'm not a big fried food person. Never was. So, "giving up fried foods" wasn't a hard thing for me. Something else I gave up was chicken and dumplings. Ew. I gave that up because I never really liked them anyways! Fooled you! Fooled myself. What am I talking about?

Feeling very ADD today. It really must be that pumpernickel bagel. Yes. So, speaking of fried foods...there are things I won't give up. I love French fries. I'm not going to lie. I love French fries. And, when I went Paleo, I'm like hey they're potatoes But, you're not really "supposed to eat potatoes". But, sweet potatoes Fries. Mmmm. I really just love French fries. The other day I was at a place actually Harry and I were celebrating our 11 year anniversary and we went out for breakfast (laughs) we had burgers without the bun and fries for breakfast at Buddy's in Jersey City because we are crazy people and we want to eat lunch for breakfast. Their fries were so good. They were like hand cut. You could tell they were the real deal. I don't eat frozen fries or anything like that. There's - Fries like from Wendy's - I feel like Wendy's has the best fast food fries. I could talk about French fries all day because I just love them. Pommies frites as my French friends would say. But, I easily gave up ketchup.

I found out ketchup had added sugar in it. No thank you. And, besides ketchup reminds me of blood. And, ketchup I also have a bad association with because one time I was riding on my momma's lap and on a riding lawn mower. My dad was pushing the push lawn mower. Lawn Mower and a stick went from my dad's lawn mower to my mom's and hit her on the chin and made her bleed something fierce. And, this was stupid because I was right by here. So, it missed my temple, my eye temple not my temple like my sanctuary but it missed my eye temple by like

millimeters. So, needless to say they have some neighbors babysit us - babysit us? Babysit me. Babysit us I guess me and my multiple personalities and my mom and my dad rush off to the hospitals and our friends are like, "Brooke do you want a grilled cheese?" I'm like "yeah, I'll take a grilled cheese" and all of a sudden, I see them whip out ketchup and they put ketchup on their grilled cheese. And, ever since that moment, I've kind of really been disgusted by ketchup because the last thing I wanted after seeing my mom's chin gushing blood was a bunch of ketchup especially on a grilled cheese. Ugh. What a waste. So, needless to say uh yeah ketchup was easy to give up but something very difficult to give up also...tortilla chips and salsa.

Especially when they're free at a restaurant. I will try to not keep them in the house because I have to be very careful about my sodium intake. Gotta keep the blood pressure down. But, it's not even about the blood pressure numbers. It's about extra sodium makes me feel bloated. But it's easier for me to give up wheat based, gluten based stuff and harder for me to give up corn based stuff which is corny I guess. But, who says you really have to give it up? Corn doesn't make me feel weird. Too much of anything will make any person feel weird, right?

Sometimes for example, there was a time recently where I was just eating a lot of packaged foods. Like the packaged popcorn, even if it's like Smart Pop or Slim and Trim popcorn. I can eat like ten cups of that [snaps] in one sitting. Just because it's low in calories doesn't mean you should do it because you have to balance that out with healthy food.

Something else that I won't give up on the note of corn is cornbread. Uh. I'm going to have a whole podcast episode just about cornbread because it's home. It's nostalgia for me. I don't eat it every day. Maybe like four times a year. So, if you're eating something not that many times a year, why do you have to give it up? You don't. But, will your body maybe feel it later? Will your mind feel it later? If you're me yes. And, if you're some other people, yes and some people do have to give things up very specifically for health reasons.

Such as my dad is diabetic and he should probably be giving up a lot more food than he's already given up. That's just me being judgmental and that's just me being Doctor Brooke. But, on that note, I had said how I gave up candy bars back in the day. Well, I still do have to have my chocolate. But, I like the healthier versions and they're not sponsoring this podcast and actually after today's very ADHD podcast they probably (laughs) will not want to sponsor me. I'm joking. Is JoJo's they're my recent find. I love JoJo's. They're not necessarily Sugar Free per-se but they're lower in sugar and lower in all the added gunk. They're delicious.

Lily's. Lily's is stevia based. They're [sing song voice] wonderful. And, Trader Joe's has a brand of their own low glycemic chocolate but it's not like chocolate-chocolate, I think it's called like a chocolate flavor - do you hear Annie whining outside for me? She's like [makes a dog whining noise] She wants to come visit. Dogs can't have chocolate Annie. So, simply lite is the Trader Joe's version but I try to do that one

sparingly because then we're getting into eating a lot of chemicals and things like that. So, that's why I really like Jo Jo's and cleaner chocolates if you will. I'll even sometimes make my own like chocolate bombs where I get like coconut oil or coconut butter and you know really good quality cocoa powder and a little bit of mashed up bananas or something and I freeze those bad boys. Boom!

And, some comfort foods that I will not give up, as we probably already know, are doberge cake. King cake - I go back and forth about my feelings on king cake but if it's a Zulu king cake from back home or before Baum's bakery back home closed down, I can't. I just can't give it up. Bug, again, I'm having this once or twice a year. So, when I go back to Louisiana, I have to be very careful to not like within a week I know I might really feel like utter garbage if I'm going to have doberge cake one day, a muffaletta the next day, a beignet the next day. So, I have to balance that out with kale and with salad and with lean proteins and things like that. And, again, it's not because I'm punishing myself, it's because I don't want to feel like garbage it's because I want to wake up in the morning and be able to go you know run five miles. I don't run five miles every morning. But, you know what I mean? I want to feel like I could.

Something else I won't give up as far as comfort food, I never say never to gumbo. I never say never to jambalaya. These are rice based, well gumbo you would do without the rice. But, it just is kinda nice to have gumbo with a dollop, a dollop of white rice. Or brown rice. Brown rice based jambalaya and Momma will get very, very ticked off if you ask her to make jambalaya with a brown rice base. But, a girl's gotta do what a girl's gotta do.

There are healthier ways to make back home comfort foods. I just haven't found it out, found that secret out yet and it's almost like if I'm only going to eat jambalaya or gumbo four times a year, if that, why try to do the healthier version? Otherwise I'll just eat my usual healthy repertoire. Right?

Biscuits are something else I will not give up. We know that. One of my very first episodes of this here podcast was about biscuits. Won't give 'em up. I just realize I might feel like junky the next day.

So, we keep talking about - "we" - by "we" I mean "me". We keep talking about how it's about how you're feeling with your foods. How you're feeling. How you're feeling. But, what about the weight? What about the calories? And, again, I feel - I personally - I don't even feel - I feel and I know for me at least, it is a lot easier to give up a food if you think about the way it's going to make you feel afterwards. Not as in "Oh my God I just had chocolate cake. I feel so bad about myself. I have to go do you know 25 hours of HIIT and cardio and I better HIIT the gym."

No. It's not about that. It's about like I just had four pieces of king cake, I'm going to feel pretty nasty tomorrow and I really have a lot of things to do and my brain won't function properly. Now, there's a lot of diets as in elimination diets and elimination

principle kind of diets where they are - essentially elimination based. What helped me lose weight and also recalibrate. Lose weight. Recalibrate.

My hormones was the South Beach diet. And, it wasn't just about like yes we're giving these foods up so Brooke can lose weight. It was we're giving certain foods up so we can see where's my base line? And, with the South Beach Diet which is something I still condone cause it's kind of a Mediterranean diet in principle, you give up pretty much all carbs for the first week or two and even sugars. So, for the first week or two you're basically eating lean protein and vegetables. That's it. Then, you add in fruits slowly and then you add in brown rices and things like that. So, you basically have to go cold turkey for a while on the South Beach Diet but you can like hardly anything except for turkey. [Fake chuckle] That's like a little joke I had like written in cause I do have like a little cheat sheet that I follow. Today I'm not really following it so that joke didn't really land. I apologize about that.

Something else I also did as kind of an elimination diet and it was more recent within the past five - six - oh my stomach's growling. Five or six years ago was Paleo and it was my acupuncturist Joe, he's the bomb. He's my former acupuncturist. And, only former because he moved away. My current acupuncturist now Erin, she's the bomb too. I love these people. They have really helped me save my life essentially and I don't say that lightly. But, anyways, Joe had recommended I do Paleo. And, when talked to me about it, he was like, "I'm saying Paleo" he was like, "I don't mean you can go and eat all these like Paleo snacks" You know cause there's like oh this is technically Paleo but it's all like this pre-packaged stuff. I almost said a cuss word. I try really hard not to cuss. Also, things like let's talk about dates again. Dates and figs. Love them. They're technically Paleo. They got a lot of sugar. So, it's like if you're trying to eliminate your sugars to lose weight or to feel less foggy or to regulate your hormones, don't go and replace your candy bar with something that has like five or six dates in it. That's a lot of dates for the day. I mean could you go on five dates in a day?

Probably not. I mean I couldn't. I wouldn't want to. So, I mean why would you want to eat five dates in one candy bar, in one bar? I'm not dissing Lara Bar. Let's face the facts: We're talking about Lara Bar here. Lara Bars are wonderful. But, when you are minding your sugars and how you feel initially with certain foods and being that sugar is an inflammatory food, you just want to be careful with a lot of things. Basically you're getting back to as clean eating as possible. But, then add in, add in those Lara Bars later on. They're great for on the go. Add in my favorite, and they're not sponsoring this. Add in the Rx bars later on. But, again, you have to kind of see where you basis is.

Certain other things we've talked about I've given up. I've given up many substances but one substance I've given up is coffee, caffeinated coffee especially hot coffee. So, nowadays what I do, I make a cold brew with a little bit of decaf and a whole lot of chicory. I love my chicory. It's got pre-biotics, inulin, all that wonderful stuff. Back

home, Louisiana, they cut a lot of their coffee with chicory. So, Cafe Du Monde does it. And, Community Coffee, they do it. I love my little concoction.

Because for me I just love the taste of coffee but I have to be very careful about certain acidic foods because I have something else called I can't pronounce it interstitial cystitis- IC. It's basically where you feel like you have to pee all the time. So, you have to watch out with your acidic foods. On that note, Kombucha. I used to really love Kombucha. But, I've given it up. Because, it's super acidic. So, maybe I have Kombucha like once or twice every month. I actually had some today. That could explain also why I feel extra crazy. So, needless to say, y'all, I appreciate y'all staying on this wild ride with me.

I know it was a little bit more ADD than usual. It tends to be like when I talk about foods or something I'm very, very passionate about, I'm like kind of like a train wreck. And, that was kind of like that today. But, something I want to leave all of us with is...why do we have to look at giving up a food as it's a punishment? Like for Lent. We're giving something up. Hey, I'm not a devout Catholic. My mom was kicked out of the Catholic church. I'm not dissing Catholics. What I'm saying is, don't give up something as if it's a punishment. Give up a food or a substance as in, "Oh giving up coffee helps me be free from anxiety" Or, "it helps me be free from going to the bathroom all the time." Or, "Giving up gluten helps with my mental fog" or "giving up fried fish helps with my back-ne" Side bar I never had back-ne. But, focusing on giving something up for the positive because it brings something joyful to you. Oh, I think that's like Marie Kondo-ing your food. And, on that note if y'all hear the scratching in the back, that's Annie making her nest and it is time for me to go.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit [Brookehoover.com/fluffybuttproductions](https://brookehoover.com/fluffybuttproductions) or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

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