

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
EPISODE 14 - Substitute Teachers

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. Thank you so much for listening to the Who's Dat Phat Girl Podcast and this week, we are talking about...Substitute Teachers but not really like substitute teachers but food substitutions. So, an unhealthier option substituting for a healthier option. And, I must say, I always used to love having a substitute teacher growing up because they were fun. You usually got to watch videos. But, even better, actually there's two substitute teachers I actually want to give a shout out to cause one of them is one of my best friends, she's become one of our very close family friends - Lisa. Heeeeey. So, she started out as a substitute teacher doing P.E. for usually the lower school and she just saw a lot of the kids making fun of me, bullying me and she would always be like, "Hey Beautiful." I can't quite do her New Orleans accent. But, I can hear it in my, my head right now. And, there was also Ms. Blount. She was awesome as well. She was one of our high school English substitute teachers.

So, what I'm saying is that when you substitute something, it's oftentimes better than the real thing. Just don't tell your teachers that, y'all. So, last week I talked about [sings] Never Gonna Give You Up foods that I gave up and foods that I would never give up. And, I felt a little remiss. I had a lot of anxiety thinking over it. I'm like, "I didn't leave anybody really with substitutions." I was very much like this or that you know "no means like you can't have anything." I felt like I was a little too strict. And, I must say this: With my own experimentation, with my own health journey, there were times where I did have to be pretty strict. And, that's with my personal body. My personal body. My body. Can't we just say my body?

So that's with my own body. Everybody- [sings] Everybody. Everybody. Everybody. Everybody. Do y'all remember that song [Makes the noises from that song "Everybody. Everybody."] From the 90s? Our birds loved that song. Everybody and every body is literally - this is an example of using literally correctly. Right? We're using it correctly? Every body is literally different. So, you do you. I got very strict - I'm not as strict anymore because I've learned what I can and can't have and nobody - no body can subsist on a very strict diet for the rest of their lives. Let's face the facts. I'm not a doctor so don't get all Kardashian and quote me as Bible - you know how the Kardashians - y'all might not know always are like it's Bible. Which means

this is the Gospel. This is like you said it like Khloe said it so it's Bible. No. I'm Brooke. I'm not Khloe. And, when I was- actually no. Not now but when she was heavier and when I wore a brown wig, people used to be like, "Oh yeah you could be Khloe Kardashian." I don't know. I've never had a butt for that. See, again, we're getting a little ADD.

My point is, if you have Crohn's Disease, IBS, Diabetes, yes you do have to be on a stricter diet. I, Brooke, don't necessarily have to be on as strict of a diet as I've put myself on - or at least according to my doctor but according to my body, I know I do. So, let me tell y'all some substitutions that will make the journey perhaps healthier. And, also, feel free to share like I believe I have these on YouTube now -again, the video quality is Terrible, Muriel because you're seeing my scarves. You're seeing my nostrils because first and foremost is - are my listeners so sound quality comes before video quality. But, please write in the comments, please feel free to message me, I'm active on Instagram as we know, let me know any substitutions that you have found that work for you.

So, plain and simple, simple substations and y'all can stop me - actually you can't stop me. You can fast forward me if you want. But, stop me if this is too elementary. But, we are going to start with that. So, for example if you're the type of person who wants to eat Sour Patch kids. Wants to like snack on stuff like that. Or Twizzlers. I think it goes without saying that a healthier substitute would be something like dried apricots [pronounces ap like "app"] or apricots [pronounces ap like "ape"] if you crazy. Now, here's my thing. There are - and we'll have a whole episode about this. But, there are certain foods like dried fruits for example like dried cranberries probably have more sugar in them than Sour Patch Kids do. So, be careful with some substitutions. But, again if you're eating - if you're hankering for something fruity and sweet, don't reach for the Sour Patch Kids. Reach for the prunes. And, y'all may be like "Brooke you are crazy." Prunes do it. I mean you get used to those prunes. They are sweet. Now, again, someone like me or my dad, people who are actively watching their sugars, ain't going to have more than one or two prunes. I mean and like let's face the facts -- prunes are a horrible example - I don't know anybody - I don't want to be around anybody who's had like five or six prunes. But, I talked a lot about dates in my last episode. I was like don't have too many dates. It's true. Here's the thing.

Eating a lot of dates is a lot of sugar. But, if you're somebody who's used to eating say Twizzlers as a snack or an Almond Joy Bar or something like that, by golly - By golly! Did I just say "by golly?" I never say "by golly." But, by golly, replacing that candy bar or those Twizzlers with three dates is a much better [sing-song voice] substitution. There we go with substitution. I have a little cheat sheet here because I also talked a good game about well don't do a Larabar. Yes, substituting a Larabar for a candy bar is a much healthier option.

If you're someone like my dad who's diabetic, a Larabar is good. You don't necessarily want to have one every day. Like my dad, he used to eat bananas a lot.

Every day he had a banana. And, I said, "Dad, you might want to rethink that. You know? You're diabetic." And, me personally I just have a third of a banana a day frozen and then I mush it up in my oatmeal because if you're watching the sugars, again, fruits have sugar naturally. So, be careful with that. Simmah down now with that. But, a Larabar or an Rx bar are much better substitutions for a candy bar than just continuing to eat the candy bar or even then to having like the fun size version of the candy bar. Again, the worst is the full size candy bar or the king size. Then the regular size candy bar. Then the fun size. And, then the best bet is something healthier such as from real food, Larabar, Rx bars. Hope that clarifies things a little bit.

So, some other things like I said I gave up pasta meaning like semolina pasta. But, I started subbing that with wheat pasta way back when. And, then I said, "Wait a second, I really want to eliminate my wheat intake." Again, this is for me personally. So, I started subbing that in with pea and chickpea and bean based pasta and I'm very happy with it. And, also I'm even more happy to use Zoodles. Zucchini noodles. I don't really call them Zoodles. I call them spiralized zucchini.

Also, I had given up white rice and I added brown rice in but now I've completely substituted that for cauliflower rice. Another substitution that almost everybody knows about but I will say it is using Greek yogurt in place of sour cream. I can't even tell you the last time we have kept sour cream in the house. It used to [makes grossed out sounds] This is gross but it used to go bad and turn like that pinky color at the top and that pink I think is like pre-mold. Ew. So, Greek yogurt. We eat it pretty frequently even though I do limit my dairy intake but again Greek yogurt's giving you protein and probiotics. Sour cream's giving you creamy goodness. But, come on you can get the creamy goodness from Greek yogurt. So, I think that is a great no-brainer substitution.

Something else that's a little bit trickier you can substitute flax seed powder for eggs. There's a lot of instructions on that in different vegan recipes et cetera. My aunt, Nanny Cile. Shout out Nanny Cile. Wud up Nanny? Nanny sends me up things from Costco like she'll get half the bag and send me the other half so she sent me up a big ole half bag of flax seed powder. So, you can use that either in place of eggs or as an additional kind of flour binder type of thing.

Another substitution that I really love is subbing raw cashews - you soak them at least four hours or overnight and you know straining them and then what's the word blending them? Food processing them? Making them into a paste with a little bit of lemon or lime and that is a wonderful substitution for cream cheese, actually. And, I'm going to share with y'all a fun little ditty if you will--

A little ditty? Golly? I never say these words. What am I a guhl from the 1920's or 30's? Geez Louise Mrs. Maisel. Ah she's from the 50's and 60's. I digress. So, I'd say it's about five, six years ago when I was hard core Paleo meaning like I was not deviating at all. I wasn't even doing like Paleo sweets. But, it was Easter and Easter

is my jam. Easter is my holiday. And, I was like I've got to have a tasty treat. Oh and we have a lot of vegans coming over. Vegetarians. Not all of them are vegans. But, I saw it was either in Shape Recipe or Health Magazine. Don't y'all worry; I'm going to spread that love of that recipe on Instagram. I will also put it on BrookeHoover.com/Podcast where I put all the transcripts that I transcribe for this. I'll find out which magazine it was in cause I've got it saved in my Pinterest. It was for Key Lime Cashew Cream (quote unquote) Cheesecake cause there's no dairy. The bottom, the base was either pecan or walnut. And, again it's like nuts on nuts on nuts.

Hey. That's a party. So, the bottom's like crushed pecan or crushed walnuts. I believe it was pecans. And, the base is like we had just talked about the creamed raw cashews with a lot of key lime or if you don't have key lime, lime juice. And, I kept the sugar minimal. And, it was delicious.

The real way to know if doing a substitution works is picking your pickiest person and seeing if they like it and playing a little trick on them. Now, y'all might say, "Oh playing a trick with food is mean, Brooke." No. I won't play a trick with somebody who has a food allergy. But, if it's somebody who's picky like my mom - sorry Momma, I play these tricks with her. Okay cause one time my Uncle CJ he used to smoke turkey like he used to smoke these turkeys - they were great. And, he would make gumbo with the turkey. And, he would always bring over the gumbo the day after Thanksgiving or the day after Christmas.

Well, one time, he was like, "Hey Brooke, Brooke how's that sausage in that gumbo?" I was like, "That sausage is great." He's like, "Well, that's Bambi." So, I had deer sausage. And oh I will not trick somebody with meat, okay? Like Uncle CJ played me with that deer. Come on. But, needless to say, we played Momma with that vegan key lime cream cheese (in quotes you know) cake and boy she loved it cause it's basically just like nuts with a lot of citrus. So, that's one of my favorite substitutions.

There's plenty of other substitutions you can do and I think it's just fun kind of knowing what works for you. A little trouble that I've found out is that I sometimes can be a salty snacker. And, again I love my nuts. [Laughs] Oh gosh.

That sounds so weird out of context. But, I do love nuts. So, the problem is, a serving of nuts is about the size of like my rose quartz. My people who are on the video can see the rose quartz. So, that's a quarter of a cup. That is a small serving. So, somebody who wants to snack on like salty snacks, you're not going to get much loving with nuts. But, if you've given everything else up for the love of God, what are you gonna do?

So, that's when I started adding my beloved popcorn back in. And, prior to that I would just snack on like chopped up red peppers. So, there's always a trick in the bag, you just have to be prepared and when you're eating healthier, it's almost like you have to like find the Lisa or find the Mrs. Blount, you have to find the best

substitute possible to make your body, to make your mind happy. Because if you don't have those substitutes, you're going to reach - I mean we're only human

[Sings to that 80's song] I'm only human. Flesh and blood. See, I can always revert back to an 80's or 90's song. That's how my brain works. But, we're only human. If we don't have a substitute, we're going to reach for the most crazy thing or easiest thing possible. So, I hope all of this kind of comes full circle with last week's podcast and again, please share with me what some of your favorite substitutes are. I would say my favorite substitutes are the cashews for the cream cheese, the Greek yogurt for sour cream and I think most especially zucchini noodles, spiralized noodles in place of pasta because I just love using that spiralizer. Well, thanks so much y'all. Have a delicious Monday. Ah that sounded weird. Bye.

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 or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those 0'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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