

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover **EPISODE #21- Chemical Warfare**

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...

What's up everybody?

Today, we are talking about chemicals in our food. Chemicals that I used to and still sometimes eat. And, there's even hidden chemicals but we won't get into that today. We're gonna talk about the known chemicals of the 80s that you probably and definitely I, definitely my grandma, definitely my momma, definitely my Nanny Cile, all of us ate and loved.

Here is one of my very favorites. Cool Whip. Cah, cah, cah cool whip. I mean that's not their jingle. I just wanted to say it like that. Let me read y'all some of the ingredients. Okay? Skim milk hydrogenated vegetable oil. Coconut and palm kernel oils. High fructose corn syrup. Water. Corn Syrup, not to be confused with high fructose corn syrup. Light Cream. Contains less than 2% of sodium caseinate from milk. Natural and artificial flavor. Of course artificial flavor. Xanthan and guar gums. Yummy. Polysorbate 60. Sorbian monosteriate, sodium polyphosphate and beta...

There's more. That was just in a Google search. But, hello. Loved Cool Whip. Loved Cool Whip. What we would do was eat it cold you know in the fridge but even better we would keep it in the freezer and eat it like low to no cal ice cream. Hello, I could eat a whole tub and nothing bad's gonna happen to me. By "nothing bad" in the 80s and 90s, we thought "bad" meant getting fat. Gaining weight. Eating too many calories. Getting bad probably damaged a few if not more than a few brain cells.

So my Maw Maw, Momma's Momma, grandma, she always would have a frozen Cool Whip tub in the freezer and I would go and want to get it - I would say, "Maw Maw, do you have anything sweet? Do you have anything sweet?" And Maw Maw didn't keep much sweets in the house or if she did, she ate 'em all at once because that Cool Whip was a tease. It was a thing of red beans. So anybody from back home in Louisiana, your grandmas, your Maw Maws probably also used the Cool Whip tubs to store a lot of food. Like Maw Maw was really big on up cycling and it would always just tease me and after we would go to Maw Maw's house, I would say to Momma, "Hey, we need some Cool Whip. We need some Cool Whip, Momma." I guess it never phased us that Redi Whip was an alternative. You know? In the

commercials recently too they're telling us Redi Whip is better because it's made with milk. Personally, personally I have heard this. The healthier alternative is canned coconut milk. And, obviously as we know, as my aunt would say, "Coconuts have fat." But, it's better fat than eating all those chemicals because those chemicals are going to eat away at your brain and the healthy fats are going to help support your brain if your brain is crazy like mine. I'm talking in robot voice to emphasize that point.

However, however, Cool Whip was such a good alternative for so many desserts. Do y'all remember Watergate Salad?

Probably not unless you're from the 1970s or you're super like Southern church lady. But, I loved Watergate Salad. Watergate Salad, basically you get a ton of Cool Whip and a packet of Pistachio pudding mix, you don't make the pudding. And, you mix that up and you add some pineapples, I think shredded coconut if you crazy and pecans or maybe walnuts. Loved it and keep it in the fridge. Oh marshmallows. Marshmallows I think were in there too. And, it's better cold. I don't like it when it starts to get a little warm and it's set out like at a church function. Not saying I ever went to that many church functions. See, Cool Whip evokes a lot of memories for me.

But, one of my most favorite desserts aside from doberge cake is Mississippi Mud. And most of it does require a lot of chemicals, a lot of what we're talking about today. The bottom layer is probably the healthiest layer for you. It is pecans and flour or if you want to be Keto or Paleo, you could easily make a pecan and almond flour crust. The Crust is fine for you pretty much. And, then you add in like a layer of Cool Whip, Confectioner's Sugar and Cream Cheese. Now, you can make all of this Keto if you want to cause Cool Whip I mean technically I guess it's Keto, Cream Cheese and then you can get the Swerve Brand powdered sugar which is not real sugar. (Sing Song Voice) Chemicals! Actually Swerve is one of the better types of sugar alternatives out there as is Stevia. But, again, anything in excess is not good for you. Including excess. Including moderation. That's how the expression goes.

The next layer of the Mississippi Mud is chocolate pudding and then you top it off again with another layer of Cool Whip and sprinkle some pecans. Now, y'all can see very much how you can replace all of this with the sugar free options of the Jell-O, the chocolate Jell-O and again it could be healthy in terms of...lower calorie. Lower sugar. And, oh I want a fix. I want a little sugar fix. Fake sugar fix. But, it's not really doing it for you in the real sense of health because pretty much like I said the crust is the healthiest part if you want to look at it from a health perspective because it's nothing but chemical warfare but it tastes so good and it reminds me of childhood. Do not eat the last piece of Mississippi Mud like my Momma's friend once did when she came over to our house. I was LIVID.

Next thing, all of y'all remember Tab. How many of y'all's Momma's drank Tab? My momma did and nowadays there's no more Tab. Or there was and it went off the shelves again. So, now my momma does a diet coke almost every day. Who am I

kidding? She does it every day. She is on a first name basis with all the people at McDonald's because McDonald's diet coke is the best. (Momma's voice) Baby - she won't go anywhere else for a diet coke. If she does, she's highly disappointed and she has to go back to McDonald's to get that diet coke.

Now, I personally, I'm a fan of Fresca every so often like I'll treat myself to a diet soda because I stopped drinking diet soda. As many of my friends know, I'm a huge seltzer fan and Spindrift fan. So, if you are trying to cut soda and diet soda, I do recommend obviously seltzer but Spindrift really for me is less fizzy than a seltzer. Sometimes seltzer is too fizzy and Spindrift is low, low, low sugar. it's made with real fruit juice and it's wonderful. Tab. Let me tell y'all. There's an ingredient in it. And, I'm looking this up from the Mayo Clinic about an ingredient called - I'm going to try to pronounce it - Phenylalanine. Phenylalanine? Phenylalanine? How do you say that? This is like that Breyer's commercial back in the day where the kids are trying to pronounce all the difficult ingredients.

But, Breyer's only has five simple ingredients kids can pronounce. This feels like that. So, Phenylalanine from the Mayo Clinic says it isn't a health concern for MOST people. I don't like that because who is, who are most people? Right? But, it can cause intellectual disabilities, brain damage, seizures and other problems in people who have PKU. But, here's the deal. If it can cause problems with people who have PKU, I'm not even going to try to pronounce that. It's a genetic disorder. It can also cause problems in anyone of us. Lay low on the Tab is my humble recommendation. Again, we know I'm not a doctor. I definitely do not work for Mayo Clinic. Lay low on diet sodas in general.

My dad, Hoover Bob, we'll talk to him soon hopefully, he's had to lay very low. He used to drink Coke Zero but not nearly as much as Momma with the Diet Coke. And, his doctor has told him to lay low on that but prior to that luckily he did listen to Dr. Daughter AKA me and stop with the Coke Zeros because he is diabetics and diabetics can get kidney issues. So, his kidney levels have been a little askew so I'm like GET. OFF. THE. DIET. SODA.

But, I do kind of want to bust open a little bit of Tab and have like a little tiny sip. A little tiny, tiny taste of it to taste that Phenylalanine.

Another chemical warfare that we had in the 80s, that was comfort food to me, I got tonsillitis a lot. I got sick a lot as a kid until I had the tonsils removed. And, this was comfort food. And, also we would get it at Piccadilly, which is like a cafeteria back home. Jell-O. J-E-L-L-O!!! It's like Bill Cosby because it's just as scary as he is. But, it's also childhood.

There's this big thing about Jell-O right, it has the sugar free versions, which we always do or did, and the regular versions. But, obviously as we know, Jell-O is gelatin and it's made from horse hooves. Supposedly. Supposedly. And, I went to Live Science and they said, "Urban legends claim that gelatin comes from horse or

cow hooves -hooves? Hooves? Hooves. Hoover. That's my last name. Let's start again.

Urban legends claim that gelatin comes from horse or cow hooves though that's not the case. The collagen in gelatin does come from boiling the bones of hides of animals processed for their meat, usually cows and pigs." Okay. What a relief. So, I'm not eating horse hooves. I'm just eating cow and pig parts that have been boiled down. Yay! Jell-O you're like the original bone broth.

Jell-O the OG Bone Broth. That's how we should have marketed it or that's how we should be marketing it now. But, take Bill Cosby away from it. I say that in jest but I mean it in all seriousness.

Another thing that I personally still drink or I stopped drinking because it went off the market for safety issues but now it's back, every so often, I just want a strawberry Slim Fast. I just want the taste of slight chemical, slight strawberry and to fill me up. I'm joking but in all seriousness, again, nobody's sponsoring me yet so I'm not condoning any of these brands or dissing any of these brands. though I do say, if you like a Slim Fast shake, try to do Premier protein. Now, again like when I'm doing voiceover and stuff I have to lay low on the dairy so those are dairy versions. Orgain is a version that does the ready to make shakes that is dairy free. Though I don't know if Orgain does a strawberry version. Because, for some reason, the chocolate version of all these kind of shakes tastes the most chemically right? And, vanilla and strawberry and even the mocha, the coffee tastes better. But, so I do believe Slim Fast back in the early 2000s was recalled because there was bacteria in the cans. So, their idea, Slim Fast says, "Oh, the cans are harvesting bacteria. Let's make it safer and let's make it in a plastic bottle." Yeah like that's great for the oceans.

I personally really liked the can. Bacterweah - why can't I say bacteria. Bacteria or not - because the can was extra cold and there was like that little slit where you flipped it and you slipped it. One time, one of my friends came over and he drank about 10 of my mom's Slim Fasts and he did about 1,000 jumping jacks and passed out. So. That's a fun memory.

So, what do I do if I want to lose weight? Well, back in the 80's, you're pretty much screwed. Back in the 90's your kinda screwed too. How do we stop this insanity? Ah! Do you all remember Susan Powter. The exercise guru with the kind of short hair? I used to love her on those infomercials. Well, here's the deal. Back in the 80s or 90s, it was marketed that you need these kind of chemicals in order to lose weight or do you remember Snackwells? The low calorie but they had high sugar? The Devils' Food Cookies? Yeah? Those kind of sponge-like cookies. I actually never really loved those. But, Momma did.

Back in the 80's, back in the 90's, right now, we should have been doing what our ancestors were doing. Again, I'm not 110% saying do Paleo because I have a lot of

Vegan friends out there and I do believe we do need complex carbohydrates. Again, I'm not talking from a medical standpoint, I'm talking from personal experience. But, let's just focus more on the health and nutrition of food versus the caloric content.

You know? For example there's dates as we know to sweeten things or fruits to sweeten things. Like I use a little bit of frozen banana in my quinoa steel cut oatmeal concoction every morning to sweeten the deal instead of using even a packet of Stevia for example. So, yes. Bananas, Dates. Those do have a lot of sugar. They're fruits with densely populated sugar content. However, isn't that a lot better for you than chemicals? And, if you're super, super hardcore trying to lose weight, trying to avoid the sugar, my humble opinion, my experience, cut it out all together. Even the fake sweeteners. Because, that stuff, even the fake healthy sweeteners, because that stuff will give your taste buds the taste to want more sweet. Whereas if you cut the sugar down, when you go back to eating an apple or banana, it tastes super sweet.

So, it's...basically in a nutshell I think my point is, eat the whole foods. I think the Whole 30 is a great diet. I followed those principals for a while as well. But, then if you think about it, I'm going to leave this with y'all for some food for thought, pun intended, everything we eat has some sort of chemicals. Right? Even vegetables and fruits. The pesticides. Even organic things, I read somewhere, I don't remember where, I usually try to quote my sources, have pesticides on it. But, I gotta say, every so often, I just want to get a strawberry, preferably an organic one and dip it into some good ole Cool Whip.

Thank y'all for listening. I really appreciate it. And, y'all have a great one. Stay healthy. Eat healthy. Let's do our best. 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 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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