

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
SEASON 2 EPISODE #6- FOOD FETISHES

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...

Ah, the ever so popular or are they unpopular food fetish which may or may not be related to a fat fetish or a fetish of people watching someone else eat. To each their own. TO EACH THEIR OWN. But, as a person who struggled with being chastised for being in a larger body for most of my life and for being judged when I'd eat anything other than a celery stick, I must say the whole food / fat fetish culture is very TRIGGERING for me.

I have a lot of thoughts and even more FEELS on this. And, I need to rant a little bit. Who wants to join in? Oh, you do? Great, come on in.

Okay, first off, WHY is it OKAY for a slender person to gorge and eat and beast but when a large person does so, it's considered "ew gross" or, worse, comedic. Since the dawn of time, I think bigger people have always been on board to make fun of themselves first because if we make fun of ourselves first, then we are IN on the joke instead of BEING the joke, right?

Let's take that Carl's Junior Burger ad back in 2005. Y'all remember that one? Where Paris Hilton (which if y'all don't know who she is, she is the Hilton hotel heiress, supposedly a DJ and she looks like Barbie, body included) is washing a car in a sexuaaaaaaay way and then she eats a BIG OLE BURGER (a CARL'S JUNIOR BURGER) in a sexuaaaaaaay way. And, it's okay. It's acceptable. It's Hot (as Paris would say.) But, put a bigger person in that ad, and we take away the sexiness and now it's a Saturday Night Live sketch. Like, if Chris Farley, God rest his soul, were still alive, he would have done the spoof on SNL. I actually Googled the ad because, as I was writing this, I wanted to be scholarly about food fetishes and do my research. I said in my head, "Well, Chris Farley, God rest his soul, has passed on but couldn't they do a spoof with someone like Celeste Barber instead?" And, low and behold in 2018, Carl's Junior was IN on their own joke, like this here phat with a PH girl Brooke Hoover had to be throughout middle and high school. Carl's Junior did an ad where Celeste Barber filled in for Paris Hilton. If y'all don't know who Celeste Barber is, she is an Australian comedian who I and most of the world LOVE. She does something on her instagram page where she will spoof something crazy that a crazy model or dancer is doing and interpret their outfit in her own way. We ALL accept it, myself included

because the way Celeste does it, it's not like she is making fun of her size, she's making fun of her EVERYWOMAN-NESS. She's showing she is imperfect NOT because of her size or because of her lack of makeup or perfectly coiffed hair. She's showing in comparison to the ridiculous expectations of perfection that society has created (i.e. the model look, body size, hair, makeup, ability to move with grace despite a weird fashion choice) she is just a regular person who won't live up to that bullsh*t standard and therefore Celeste is making a mockery of the ideals of Hollywood and the fashion industry NOT of herself, not of EVERY person, NOT of larger bodied people. She is "brilliant" as the Brits and Aussies say. BUT, not everyone is Celeste Barber. And, not everyone does it quite so brilliantly. For example, another Aussie who, sad to say I'm NOT a fan of, Rebel Wilson, I feel as if she was always mocking herself for her size when she was in a larger sized body.

Okay, the food fetish thing, in my humble opinion, and that's all this podcast is usually, my humble opinion, so thank y'all for hearing me out, is just simply gross. Regardless of your size. I used to have to turn the TV off or close my eyes when those peeps on Fear Factor used to munch on hissing cockroaches or gigantic spiky mung bean worms or brains of some poor livestock sacrificed for Prime-time TV. Y'all remember Fear Factor? Yeah. It was always a bunch of model looking people or athletically toned stunt people looking people who were half clothed and they were eating THE most disgusting things (again, disgusting in my humble opinion. You may be a fan of the texture of hissing cockroaches). IMAGINE if Fear Factor had cast people of different shapes and sizes. Totally different TV show, am I right !!!!! Because, that's what we have been programmed to think and believe. Especially back in the day. And, think about it, Fear Factor wasn't THAT long ago. That Paris Hilton commercial of 2005 was not THAT long ago.

I do love food but I don't like making a mess of it. Samantha wearing the sushi bikini in the Sex and the City movie? NOPE. Yuck. Kenny and Mari making human tacos out of each other on The Bachelor in Paradise? Another major NOPE. I was DISGUSTED y'all.

Here's my thing. If you're going to have a foot fetish, and some people will, I can understand it with sweet food. Like cliché basic VALENTINE'S DAY food (hence why I'm airing this episode the day before Valentine's Day) whipped cream and strawberries and chocolate. But, to me, there is nothing sexier than just licking up some whipped cream and strawberries and chocolate off a plate of Junior's cheesecake a plate that was all your own. That you didn't have to share. Giving your loved one the gift of a whole pint of Target's Favorite Day high protein Mocha Cold Brew ice cream all to their selves, in my humble opinion, is one of THE sexiest things you can do. Adding some So Delicious Cocowhip coconut milk whipped cream (aka their version of Cool-Whip because your significant other remembered you did a podcast where you talked about Cool-Whip being made of scary stuff) is THE second most sexy thing you can do. Because something I'm gonna tell y'all, if I have a food fetish, it isn't going to involve another person. Give me that Brooklyn Blackout Cake alllllll to myself.

I think my fear of food and playing with food is also rooted in growing up infatuated with Danny Tanner (I still am, Bob Saget, God rest his soul too. LOVE him. Always will.) or maybe because my momma ran a tight ship when it came to cleaning up, but I was always disgusted by messes. I even have to close my eyes when they have food fights on TV shows. Especially if condiments are involved. Nothing says gross like a blend of ketchup and mayonnaise. I know it's also a "special sauce" at many fast food joints. But to me, it's pure torture.

ALSO ALSO ALSO it could be because my Maw Maw and my Ma Maw were big into NOT wasting food and they taught me ways to get creative with new recipes to not let those bananas or beans or milk go bad. They grew up in the Great Depression so they taught me a thing or two. And I say that all entitled and stuff. Hell, most of my demographic (and I say that in quotes) of listeners had loved ones who grew up in the Great Depression. Why did I have to just say that all entitled and Karen styles? Like a millennial (which is also me, technically) would be like Ummmmm yeah life was like hard because MY Mee Maw grew up in the Great Depression and had to ration stuff. Like 100%. COME ON. Maw Maw would be like, "Two tablespoons of whipped cream just fell off her thigh and onto the floor. I could have used that for Watergate Salad."

I think in a big ole sexy walnut shell what I am trying to say here is that I am SO over the antiquated idea that it's cute and sexy and "nice to watch" a skinny, HOT person eat like a beast and that if a larger person so much as takes a nibble it's "bad" or for some comedic gain. We ALL have to eat, large, small, short, tall.

I can't be so high falutent and say that I never jumped on the bandwagon to make fun of myself being a fat person gorging on food. When I was heavier than I am now but still at a point when I had lost about 30 pounds - I mean, I've lost track - let's put it this way, I was still plus sized to the world, definitely still plus sized to Hollywood but in my own world, I was 30 pounds lighter than I was a few years ago, I auditioned to be in a film where I was a bigger girl beasting on food. I thought, "Oh, this could really further my career along." Well, after driving two hours one way to Bergen County New Jersey from Brooklyn on a Sunday do y'all think that student film and my roll of big girl gorging on snacks in a montage ever got me any further in my career? NO. It did not. And, do y'all want to know the food I had to gorge on? STALE ENTENMAN'S DONUTS. I drove home after that, the taste of waxy chocolate from the donut icing still stuck to the roof of my mouth saying, "NOPE. NEVER AGAIN."

And, I haven't ever engaged in any activity where I made fun of myself in my size or any food fetish or fat fetish activity. Or have I...

Happy Valentine's Day y'all. Remember let's LOVE OURSELVES BEFORE WE LOVE OTHERS.

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

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.

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