

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
SEASON 2 EPISODE #22- Top Five Fave Healthier Fall Fixes

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 everybody what's up y'all? We are talking about fall. Ah, I wanted to get a little rhyme in there. I love fall. I want to meet someone who does not like fall. Like, that is a really disgraceful human being.

Like oh I don't like fall. Fall is the best right? It's like crisp and cool and wonderful like clothing options. Boots. Booties if you crazy. Or you know Halloween. Thanksgiving. It's like all that fun before the Christmas BS and madness and the New Year sadness and - oh we're rhyming today. I just really love Fall. And, Fall has, as of late become like a basic beast thing. I'm trying not to use so many curse words but I think y'all know where I'm going with that. And, that's okay. Like if you're a basic B and you like fall, fall welcomes all. Oh we are going with some rhymes. Here's another thing I think we all love about fall. Yes, pumpkin spice lattes, those are wonderful. I can't say I've had one of those in...ever? Actually ever. I've never had one of those ever. I've never had a pumpkin spice latte. And, don't feel sad or like oh you know poor Brooke. It's because I avoid the sugar.

Insulin resistance with Polycystic Ovarian Syndrome, that's a real thing. And just in general y'all even if you're a human being who doesn't need to avoid sugar...you should be a human being who is avoiding sugar. It is not necessarily that great for you. But, the fall foods are so wonderful. There are so many wonderful tantalizing fall options and they're usually all made with apple - which obviously apple has a flavor or pumpkin - pumpkin doesn't really have a flavor on its own. We like the pumpkin spice, right?

So, I am going to be talking about some healthier, simpler fall kind of fixes that I have concocted. Again, I'm not reinventing the wheel. These are just little things I do that I'm sharing with y'all that are low in sugar. CleanER ingredients. Again we're not about being perfect here. We're not about fear mongering here. We're just about higher protein, higher fiber. I love fiber. And, also little bit lower in the carbs and lower in the sugar. So, that way we can really sustain that fall haul for the winter.

Now, here's another thing. I'm not saying avoid all the fun fall treats. You know? You shouldn't do that. Let's not talk like that. That's negative unnecessary (makes a fart

noise with mouth. One of the dogs barks) Oh one of my dog's agrees. I don't know which one that was but y'all may have heard a bark. I think that was Annie. She highly agreed with me on that.

But, you know, say you're like really craving these apple pie type of things or apple strudel, pumpkin spice lattes and you know the what's it called those donuts from the farmer's market? Apple, apple donuts? Yeah I think that's what they're called.

Eating all this stuff on repeat for the whole season is eventually gonna make you feel like crap physically because it's just overload of inflammatory foods - and mentally not necessarily oh I'm guilting myself but at least for me it really increases the brain fog. All those foods make my anxiety worse because it's like they're working against you. So, how do we make these wonderful fall foods work for us?

Now, here's the thing if you're like, "Brooke I'm desperately craving an apple cider donut (that's what they're called. See? Brain fog friends." Sure, fine. This is my thing. Go find the best apple cider donut that you can find. Like make it like a mission, right? instead of like just going to your local grocery store and picking up a 6 pack of apple cider donuts and beasting all of them. Why not just take a drive out in nature if you have a car or if not go find that lovely farm I heard there's a wonderful farm in Queens, New York which is pretty fabulous. I have not witnessed it yet but that's pretty cool. Go find that diamond in the rough. That best donut. That best apple pie. That best apple strudel. That local wonderful coffee shop that gives you all the feels and have that pumpkin spice latte. But, make like an event of it. So it's not like you're having all these slightly unhealthy okay fine fully unhealthy foods. They can range from slightly unhealthy to completely unhealthy because of we're looking at the sugar content and their nutrient less content. Yeah so make it like a thing.

I hope I'm making sense. I don't want to get too preachy here. Cause let's talk about the positive, right?

There's a lot of wonderful things that go into the fall foods and again, we're taking out the white flour. We're taking out the white sugar and I'm just gonna talk about the basics and then I'm going to talk about how to make those foods your own. Without adding inflammatory too it because many of these herbs we're fixing to talk about - herbs - or more so spices, these spices we are fixing to talk about are warming spices. So, these are great when we're getting into the cold season because it supports your body kind of from the inside out. That's a very rudimentary way to put it.

But, the spices that we all associate with fall : cinnamon, ginger, nutmeg, clove - loaded in general with antioxidants, anti-inflammatory stuff. Let's talk about one of my favorite things ever : cinnamon. it's loaded with antioxidants. It's antifungal, antibacterial, anti-inflammatory. It's also known to help balance blood sugar. And, that helps keep your energy and mood stable for the day. I mean hello you're talking to me right here cinnamon.

And, what I used to do and while I was kind of drafting up the outline for this podcast I realized I need to start doing it, I intend to start doing it. You hear that dialogue right there? Get an organic cinnamon stick and put it in water. And drink on that water all day. Notice I say "organic cinnamon stick" and it's not because I'm a bougie basic B though I do love getting fancy Whole Foods - Whole Paycheck - actually but with all the groceries going up across the market - can we even say whole paycheck for Whole Foods any more? It's like A&P Whole Paycheck, Trader Joe's Whole Paycheck, 7-11 Whole Paycheck. Everything's gone up.

So, Whole Foods for me is just like a fancy day out. That buffet. Love it. Anyways. Certain things though need to be organic, that we eat. If possible. I understand it's a lot more for the budget, believe me. I understand. But, certain things you want to be organic. Strawberries are one of them. Cinnamon sticks, definitely one of them because think about it: If you're getting a cinnamon stick and you're gonna put it in your water bottle and you're gonna kind of be drinking that all day, if it was not organic, it would be soaked in chemicallllls, right? And, you'd be soaking up all that. You might be getting some of the benefits of cinnamon again for the insulin resistance, keeping blood sugar at bay, that's a benefit but you'd be sucking on benefits. Organic cinnamon sticks. I went on a big tangent there.

Let's talk about ginger. I think we all know and love especially my friends who have ever been pregnant, you know it helps with nausea. It helps with digestion. It's also of course anti-inflammatory, antibacterial and it has been known to help with vertigo. I've been suffering - thank God I'm getting a lot better thanks to vestibular physical therapy. That's really helping me with my vertigo. Ginger was something I did a lot and I'm still doing. We will talk about that. Ginger's wonderful I think. Many of my friends who are in the performing arts especially for our voices and our health, we consume a LOT of ginger.

Also, let's talk about nutmeg. I learned about nutmeg when I had a back issue happen a couple years ago. Ut Meg. Nut - nutmeg is very anti-inflammatory. It's an antioxidant. Right? And, it has antibacterial properties. They're also known to be especially helpful in the oral health region and I'm going through - I'm fixing to go through a lot of dental work so I'll be keeping that nutmeg there just to make sure everything stays all right. Hurt my back in Zumba class the other day. So, more nutmeg. You can put it on if you do overnight oats or oatmeal, pasta, cinnamon - sorry. I like to put nutmeg in spinach. Anything. Butternut squash. To me the taste of butternut squash is not so overpowering that you can put it in any roasted vegetable.

Also, clove. Oh yeah. Talk about a earthy spice. It's full of antioxidants and fiber and it has an active component in it called Eugenol. And I think of Euvegenia Doubtfire, dear. Remember - oh God I can't even do Robin Williams' accent as Euvegenia Doubtfire. Y'all remember her?

Eugenol is a natural anesthetic that helps fight bacteria, it reduces pain and swelling. Therefore it pairs well with nutmeg if you're going through back and dental issues. Like me.

So, basically y'all, these herbs which all as we know- and pumpkin pie. God I love pumpkin pie. Or any sort of fall dish in any shape or form you're basically like eating a combination of five thieves oil. Y'all know what five thieves oil is? That was used back in like Biblical times to ward off illnesses cause that's the only medicine they essentially - ha ha - get it? Pun intended. Essentially had for essential oils. Okay I'm stopping while I'm ahead.

Five thieves oil, my cousin Breana - shout out - she told me about it a while back to sniff it and kind of use it around your nose region before you fly on a plane especially. It's like you're warding off the evil which is great timing for Halloween and you're warding off germs and inflammation. So, here's the thing y'all. I don't want to eat a ton of inflammatory foods like sugar and flour going into cold season. And, yes dairy should also be avoided because it is an inflammatory food but y'all, I love it for its protein content. And, I just love like the tangy dairy like Greek yogurt - Kefir and cottage cheese so you pick your battles. But I do learn how to monitor myself when I've had too much dairy I can hear it in my voice. Can y'all hear it in my voice? Joking. No. I do condone all of us to kind of monitor dairy. Some people cannot have it too much because of stomach issues. Goat milk, goat based products are usually tolerated much better. So, most of the dairy I try to do is goat milk based. Hope that tip is helpful.

Okay let's talk about pumpkin and then apples. The health benefits of pumpkins. Vitamins A, C, E, Lutein, Iron, Folate, Antioxidants, Carotenoids. It helps the immune system. Supports eye health. They're a heart healthy food. They're rich in potassium so that helps regulate your blood pressure and it also reduces your risk for heart attack and stroke. Pumpkin is high in fiber but low in calories so general rule of thumb, you're gonna feel full without having a lot of extra food intake because pumpkin is very fiber dense. It's very nutrient dense, right? But, here's the thing I've always heard being a Polycystic Ovarian Syndrome cyster if you will. Pumpkin is higher on the GI index, Glycemic Index. It's actually a 75 out of like 100. So, yes, that is high. However, something else we are now relating to is the GL. Now, the GL is a different system. it's a Glycemic Load, it's basically a ranking system for carb rich foods. Right? So, pumpkin for example is a carb rich food but because of how it relates with your blood sugar and it combines the fiber and how much it's going to really raise your blood sugar levels, if it's less than a 10, then it means it's gonna have minimal impact on your blood sugar. Pumpkin is only three out of ten. So, okay friends follow me. Glycemic Index which is what we used to rely heavily on - watermelon - one of my favorite things ever, pumpkin, another one of my favorite things ever - high on the Glycemic Index. But, glycemic load is what we're working on now. That's something that is more accurate they're saying. Pumpkin is low on the glycemic load.

Here's my thing: I love the health benefits of pumpkin so much that even if it was - it is still high on the GI and if we were relating with that more, I would say (makes a fart noise with mouth) screw it. I want a quarter cup of pumpkin ever day. Boom. Because the health benefits outweigh the GI risk. You see what I'm saying?

Now appllllllles. We always have heard an apple a day keeps the doctor away.

They have polyphenols which is a type of antioxidant. Of course as you all know, leave the apple skins on to get the most of your nutrient boost. Now, one of my favorite memories is sitting and watching "The Goonies" with my little cousin Brendon and he hated apple skins. All right. I couldn't use a knife because I was too young at the time to be allowed to use a knife. So, I was literally sitting there watching "The Goonies" with my cousin Brendon eating little bits of the skin off and letting him have the whole apple. That is love. I wonder if Brendon remembers that.

Apples, like pumpkin are high in fiber. High in fiber which is a great thing. And, apples are also high in water content. Hence they are filling. Apples are great in heart health again because of that soluble fiber, right? They also have pectin which is like a type of fiber that serves as a prebiotic which is great for you.

We've heard a lot about probiotics, right? Probiotics are found in fermented foods like kefir, yogurt, kombucha, kimchi if you crazy. I don't really like kimchi. My boyfriend Harry loves it. I'm sure many of my fellow friends and listeners out there love it. I don't dig it. But, anyways it's great for you obviously. Prebiotics work hand in hand so things like Jerusalem artichokes, which made me think wouldn't it also be a regular artichoke? So let's just say artichokes in general are good for prebiotics as is oatmeal and hence apples. So, if you're eating - we're gonna talk about a little apple recipe - on top of yogurt - you're getting your pre and your probiotics. Because they work together SYMBIOTICLY. Oh I love the biotcs.

Here's the thing: Apples contain sugar. Apples do contain a decent amount of sugar. 19 grams of sugar. So, this girl, I do not do an apple a day. I might do two apples a week keep the doctor away because they are a fruit that's higher in sugar and again I'm constantly watching my sugar for the PCOS symptom spikes. But, that sugar we are talking about is fructose. So, if fructose is consumed in a whole fruit it's not going to have a huge, drastic affect on your blood sugar levels as would say a pumpkin spice latte or even apple cider.

Now I love apple cider y'all. I know y'all love it too. The kind with the herbs and the spices - I keep calling them herbs but they're more so spices. the kind with the spices. The kind just straight up. But, it's so much sugar. As we know, juice in general packs the sugar. So, I say maybe if you want to do apple cider y'all, really try to stay to one cup a week or less because it is going to just put you on a big sugar rush because it's all been extracted. So, you're not getting the fiber with the sugar. You're just getting sugar, sugar, sugar. Right?

Okay. Here are my top five fave healthier quick fall fixes that I have kind of concocted over the years.

If y'all have ever been - I'm from the South so of course us Southerners have been but they have them all over the country - Ole Cracker Barrel. So, if you've ever pulled over to a Cracker Barrel off i-78 or i-10, they make these things called smothered apples but I do a healthier take on them. Actually it was my momma who started making them and we concocted them together. So, you just chop your apple - I say keep the skin on cause the skin is where the fiber and the nutrients are. You just put a little coconut oil or coconut butter in your pan and you put the apples in there you kind of simmer them down. Add a little seltzer like lemon seltzer but you know now they're making apple seltzer, which I have not tasted. So, add a seltzer. Any flavor's fine: grapefruit, lemon but again try that apple seltzer, why not? And, add some cinnamon. You just kind of sauté those bad boys down to the texture that you want and they're even better like the next day or they can hold up for a couple days in the fridge. You could eat them solo or you could put them on yogurt. Again the prebiotic and the probiotic. Or you know you can put them on top of your overnight oatmeal. Or fish if you crazy. No. Don't put sautéed apples on fish. No way.

Also instead of apple cider which I talked a lot about. Have teas that taste like fall. Like tea that tastes like a Yankee Candle makes me feel so cozy. I might have one later. I have a little cousin named Rosie. Just trying to rhyme. Okay. So, I'm gonna tell y'all about some teas that I love.

No sugar. No sugar. Yay. And, the tea alone tastes great. Or you can add a little maybe if you want to do unsweetened almond milk or a coconut creamer cause we're keeping it dairy free right now my friends. Trader Joe's makes a great pumpkin rooibos. They also have a harvest blend which also has chicory and hibiscus up in there but it tastes like fall. Or Celestial Seasonings makes Vermont Maple Ginger. Y'all have got to try that. It is literally fall in a cup. I love it.

Now y'all I love anything like pumpkin spice. So, something that I have recently concocted, I will post it on Instagram is a pumpkin spice smoothie. It's inspired by a mango lassi which my boyfriend lassi is basically mango and milk and maybe yogurt in there too blended. So, it's like a mango smoothie. But, that's again a lot of sugar. My pumpkin spice smoothie, you can head again to Instagram I'll be posting it on there but basically you can do a combination of kefir or cottage cheese or Greek yogurt all unsweetened, you know plain straight up, almond milk, a scoop or two - about a quarter cup of pumpkin, pumpkin pie spice and I throw a little cinnamon in there and I just blend it and it's a high protein, high fiber smoothie. Right? And, the protein the fiber make me feel full. And, it feels like a sweet treat in the morning but there's no added sugar. Now, some people might find it too tart. If you want to add like one mushy date in there, go for it. Or if you want to add a little honey or a little Stevia, go for it. You might want or need that. That's fine.

Or you could also make - you've probably seen it everywhere - pumpkin chia pudding. Basically almond milk or milk liquid of choice, pumpkin, pumpkin pie spice and cha cha chia seeds. Boom. So, that is a vegan option of the pumpkin pie spice smoothie.

Now, y'all, another thing that I have made are - I had bought apple sauce to bake with - to use in place of oil like vegetable for my boyfriend's brother who is a heart patient. So, I try when I bake things for him never to use oil I mean olive oil obviously as we know avocado oil, those are fine but not the cooking oil that baked goods call for. You can use apple sauce one to one ratio in place of that. So, that inspired me to have a ton of apple sauce on hand. Again, as we know, apple sauce does have sugar but it's going to be balanced because you're going to be adding protein. Vanilla protein powder. Eggs. All right? And, oats. And, you're gonna mix those all up and you're gonna make these oat apple sauce protein muffins. They're great. They're moist. You can also switch it up and add pumpkin instead with the pumpkin pie spice. For the apple sauce muffins I do generally nutmeg, ginger and cinnamon.

Now, for the savory stuff, obviously we love a good bone broth. We obviously know that's not vegan. I love bone broth and that's where I was add in my frozen ginger and that's why I'll keep bone broth on hand like from trader Joe's or somewhere. And, those frozen herbs and spices you can buy. The frozen ginger, I just pop it in there. Keep some frozen herbs in stock to put into your stock pun intended. And, I might add some no-salt seasoning or you can even get like frozen butternut squash, roast it on the side with coconut oil and some spices, you kind of blend it with an immersion blender or a regular blender-blender, add your bone broth, coconut milk and boom you have like a creamy protein fiber nutrient dense easy soup.

So, adding pumpkin to your baked goods - especially your baked goods with almond flour and coconut flour really makes it moist, dare I say. So, I hope all of those suggestions help. I know I threw a lot out there. It's just because fall is a time to really - I think get back to nature, inspire ourselves to take care of ourselves and taking care of ourselves involves taking time with our food.

Thank you so much for listening.

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

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.

©2023 Brooke Hoover Who's Dat Phat Girl?