

Bug Protein Tasting Menu

a free & #open experience

powered by

kudoz





Nicole



Laura



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Kudoz Experience #121
Fear Factor! Bugs & Alternative Food Sources
hosted by Nicole



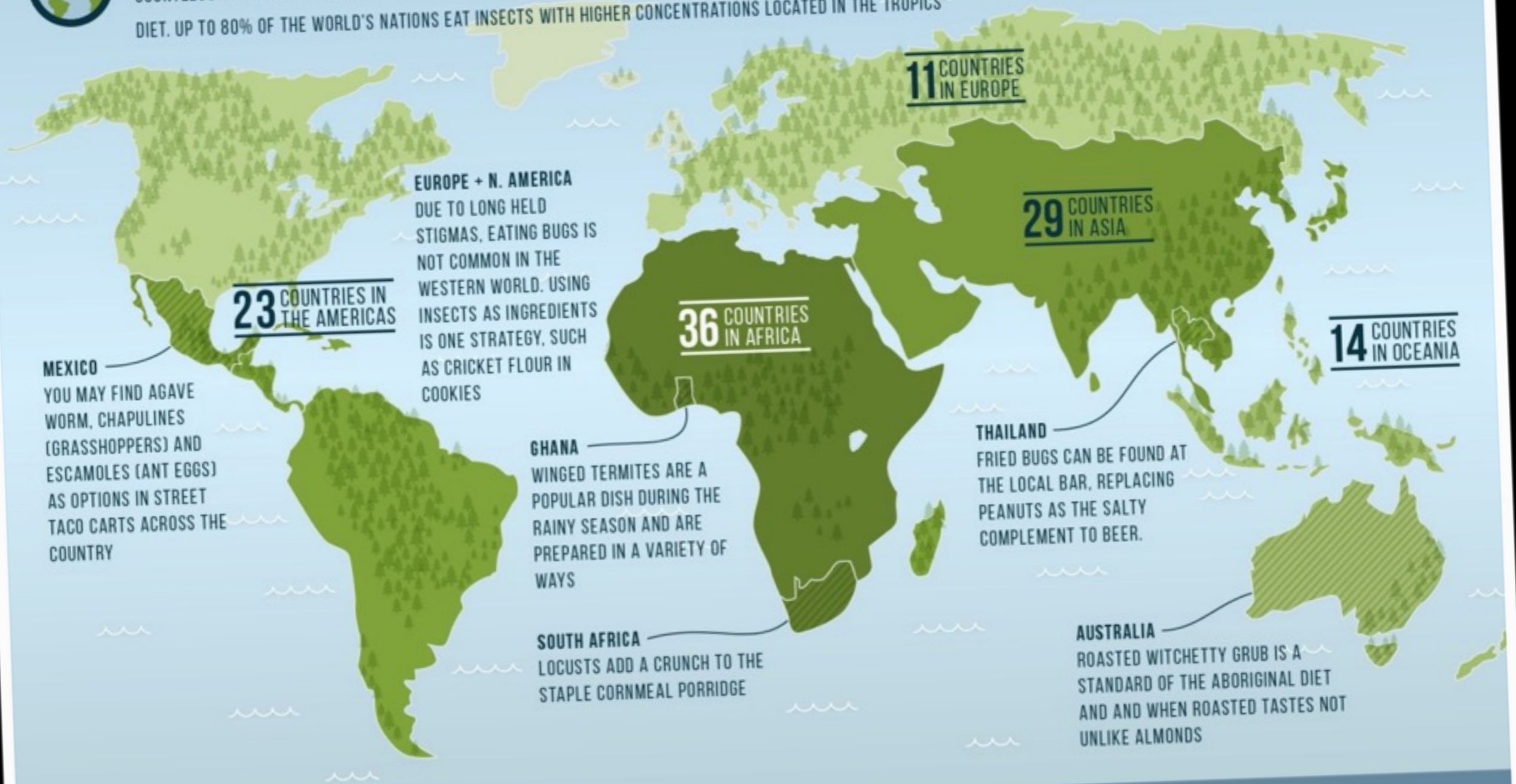
What's an amateur bug protein enthusiast?

Entomophagy: the human consumption of insects as food



WHO EATS BUGS?

COUNTLESS CULTURES AROUND THE WORLD EAT INSECTS AS A DELICACY OR AS A NORMAL PART OF THEIR EVERYDAY DIET. UP TO 80% OF THE WORLD'S NATIONS EAT INSECTS WITH HIGHER CONCENTRATIONS LOCATED IN THE TROPICS



Why should I care?

*Major health benefits, support sustainable agriculture,
and reduce environmental footprint*

*In 2013, the Food and Agriculture Organization of the
United Nations published "Edible insects: future prospects
for food and feed security"*



crispy.

NUTRITION PROFILE COMPARING

Cricket Flour vs Steak & Broccoli

Nutritional Component	Daily Requirement for 70kg adult	100g Cricket Flour	113g Steak (275 kcal)	Chopped, raw broccoli (277 kcal)
ESSENTIAL AMINO ACIDS				
histidine	0.70g	1.44	0.975g	0.48g
isoleucine	1.400g	2.59	1.391g	0.643g
leucine	2.730g	4.61	2.431g	1.05g
lysine	2.100g	3.61	2.583g	1.099g
methionine	0.70g	1.09	0.796g	0.309g
cysteine	0.28g	0.507	0.394g	0.228g
threonine	1.050g	2.37	1.221g	0.716g
tryptophan	0.280g	0.560	0.201g	0.269g
valine	1.82g	3.70	1.516g	1.018g
OVERALL PROTEIN	50g	60g	32g	2.8g
B12	2.4mcg	24mcg	6mcg	0mcg
OMEGA 6:3 RATIO	ideal ratio 3:1	3:1	18:1	1:2

Source: Nutrition profile provided by Maxxam Analytics

WWW.ENTOMOFARMS.COM

1-844-511-2847(BUGS)

health

A close-up, top-down view of a large quantity of bright green peas. The peas are densely packed and fill the entire frame. Some peas are whole, while others are slightly cracked or broken, revealing a lighter green interior. The lighting is even, highlighting the texture and color of the peas.

crunchy.



LESS RESOURCES ARE USED

INSECTS CAN BE RAISED IN ALMOST ANY CLIMATE OR ENVIRONMENT, AND THEY REQUIRE LESS LAND, WATER, FEED AND ENERGY THEN MORE TRADITIONAL PROTEIN SOURCES



2,500
GRAMS OF FEED

2,300
LITERS OF WATER



1,700
GRAMS OF FEED

LESS THAN **1**
LITER OF WATER



RESOURCES NEEDED TO PRODUCE 1 KILOGRAM OF EACH PROTEIN SOURCE

chewy.



What should I eat?

but, how do I start?

CO  ST

CRICKET PROTEIN

or www.entomofarms.com

*a global leader in the cultivation of cricket flour,
cricket powder and insect protein;
delivering the planet's most sustainable food source.*

**Can we match
passionate locals....**



**... and activate
new resources?**



Nicole



Laura

Intro to Burlesque dance

Conversations on truth & honesty

Shoot a mini movie

Screen-writing 101

Design & invention

Chinatown cultural photo walk

Make your own deodorant!

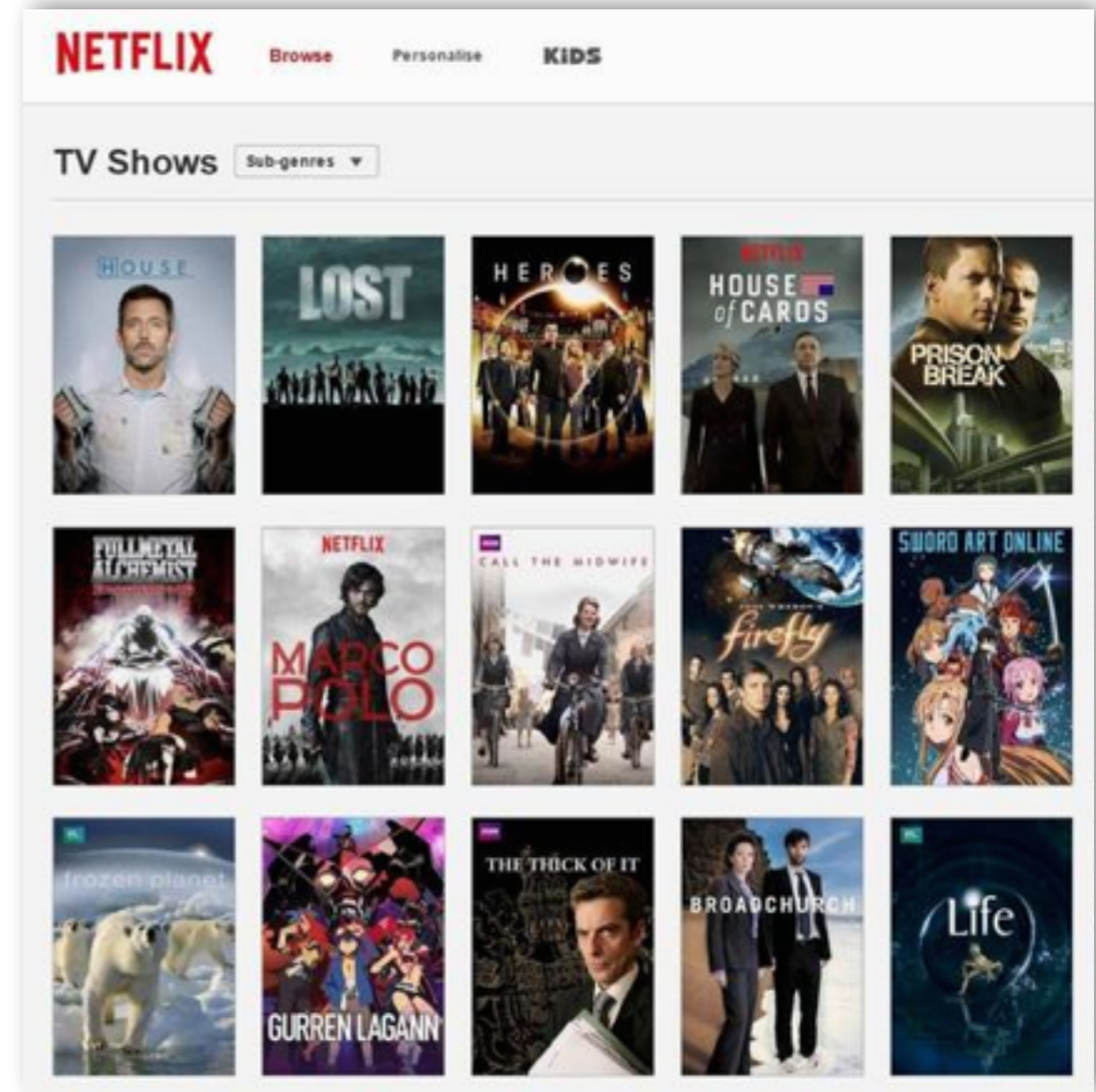
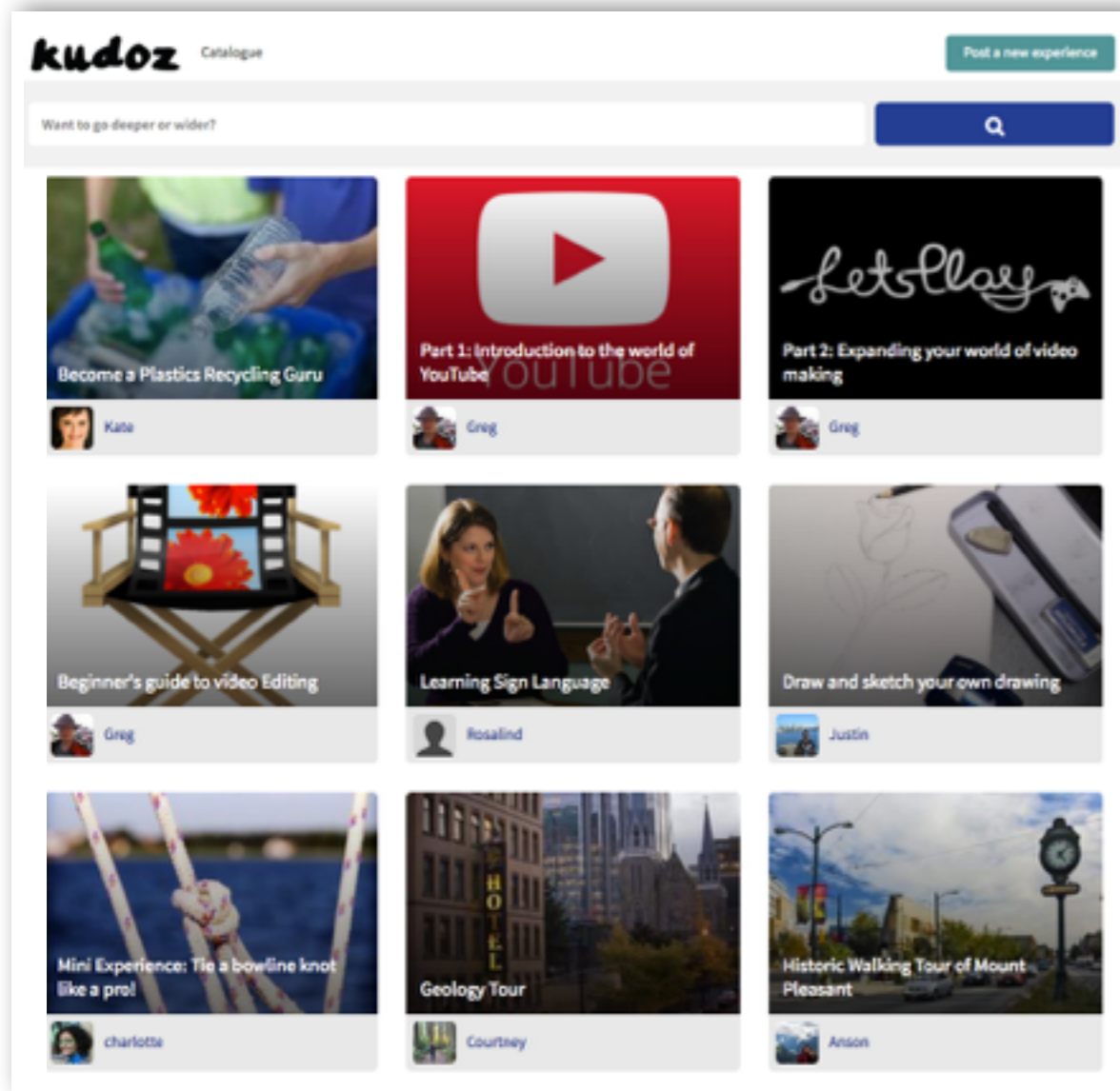
Lyricism

Prototype your app

Make Sauerkraut!

kudoz

What if we could build a real life content sharing platform?



100s of Mind-Growing Experiences

Want to go deeper or wider?



You have now been signed out of Kudoz. See you soon!

Badges & Experiences

Grid

List

Map

ALL CATEGORIES

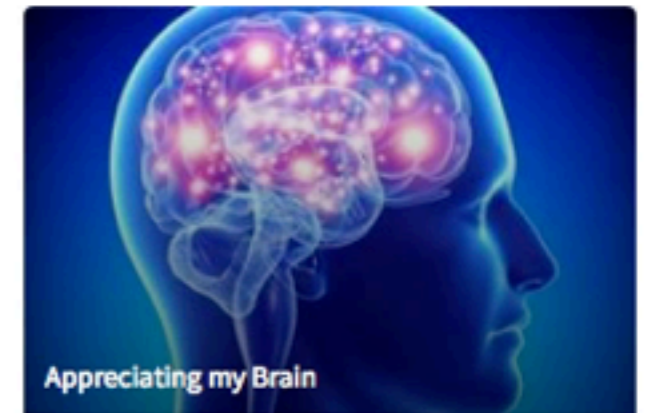
- ANIMAL HOBBIES
- MAKING THINGS
- FOOD
- FASHION & BEAUTY
- MUSIC & PERFORMANCE
- SPORTS & ADVENTURE
- HEALTH & SELF
- COMPUTERS & TECH
- BUSINESS
- OUTDOOR & NATURE
- SCIENCE



Noriko



Rheanna



Laurie

Meet Jay and Brad





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**Please share your
photos with us!**
@kudozexperience

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