

Become an Entomophagist.

Before It's Too Late!

Food security is a significant issue and you can help by adding one ancient food to your diet.



Become an Entomophagist.

Here's the definition of Entomophagy. The odds are that you'll read this and then stop reading further due to unwarranted cultural fears.

en·to·moph·a·gy / ,ento'mäfəjē/ noun

The practice of eating insects

Insects are an essential and ancient food source. Yet, here in the West, we look at them as survival food, or worse, food of the poor.

Because we don't embrace eating insects here in the West, the practice of eating insects is declining worldwide when it needs to be increasing dramatically.

Here in the West, we revere steak so much that the younger generation in many countries emulate us and eat steak as a sign of status. Since they see how we revile insects online, on TV and in our movies, they are moving away from them. Traditional foods are being abandoned.

We need to embrace insects as food. Our population will increase by 50% during their lifetime, and supplying meat is already a serious problem. Considering the rising demand, we can not continue to produce meat the way we do today, for many reasons.

Adding insects to our diet resolves a lot of problems!

Making Entomophagy a trend here in the West will change the trajectory and make eating insects more popular worldwide. Doing this will reduce the demand for traditional meat and help limit the destruction it's causing. We need to adopt insects into our diets for many reasons.

Key points are listed below.

- **Food Insecurity:** Edible insects are available to just about anyone anywhere. They can be grown in homes, small farms, and large commercial enterprises.
- **Inhumane Treatment of Livestock:** Insects raised for food can be grown and harvested humanely without the need for growth hormones and antibiotics.
- **Deforestation:** Two-thirds of the deforestation taking place in the Amazon is for beef. Insects can be grown humanely just about anywhere, in rural and urban areas. You can even raise insects in old warehouses.
- **Pollution:** Fertilizers, manure, and pesticides are major causes of land, water, and air pollution. Livestock is responsible for around 14 percent of greenhouse gas emissions.
- **Land & Water Resources:** Two-thirds of our potable water and over a third of our arable land is used for livestock. As our population increases by 50% in the near future, finding solutions to this is imperative.
- **Our Health:** Edible insects are a real animal protein that includes all nine essential amino acids; they're a prebiotic fiber (nutrition for probiotics), very high in antioxidants, a perfect Omega 3:6 balance, high in B12, Calcium, Zinc, Iron, and more. Insects are also a very bio-available food source.

So, if we make edible insects a trend here in the West, it will benefit people all over the world. Edible insects are available to just about anyone anywhere, and they are a low-tech business as well.

If this talk of eating bugs gives you the willies, you're not alone. But, please recognize that it's an unwarranted cultural fear. Billions of people all over the world eat bugs. It's just us, Europe and Australia that are being weenies. The rest of the world enjoys entocuisine.

It's easier than you think.

Insects taste good. However, popping a whole bug in your mouth may not be as convincing as it should be. I love whole roasted Jalapeno Garlic crickets, but I'm used to eating bugs. Cricket powder is the easiest way to begin your entomophagy journey since it doesn't look like a bug. It's just a super nutritious, protein-packed, all-natural powder.

But, for the best initiation into Entomophagy, try to find a restaurant that serves dishes with Black Ants or Chapulines. They're becoming more common due to the awareness of chefs on our need to begin changing eating habits to literally save the world.

Chefs Are The Answer!

Eating a whole dry roasted cricket isn't going to change as many minds as biting into a delicious Chapuline Taco, a salad with Black Ants, or trying Tenebrio topped Pizza. Incorporating insects into foods we already eat is the natural way to win fans.



Entomophagy is The Greatest Culinary Revolution of Our Time

There are over 2,000 different insects known to be food, and every one of them tastes different. What an opportunity for vanguard chefs!

Plus, it's a lot of fun.

Make a meal using edible insects and enjoy not only the conversation it creates but also the inevitable social media posts. People love to talk about their edible insect experience. They'll never forget the entomophagy meal you prepare for them.

The conversation, at dinner and online later, is what's needed to change our attitudes towards insects as food. This will not just benefit us as we discover a whole new nutritional food group, but it will also benefit the world. Making insects popular here will reverse the trend and make them more popular worldwide.

Now that you're educated on the benefits of adding insects to your diet, please ***become an entomophagist*** and begin cooking with insects for family and friends. It's one step towards resolving the food security issues we face.



Note: *People who are allergic to shellfish may be allergic to bugs.*

For an in-depth read on edible insects, check out the UN's FAO publication "[Edible Insects — Future prospects for food and feed security.](#)"