Edible Insects: Food trend or food dead end?

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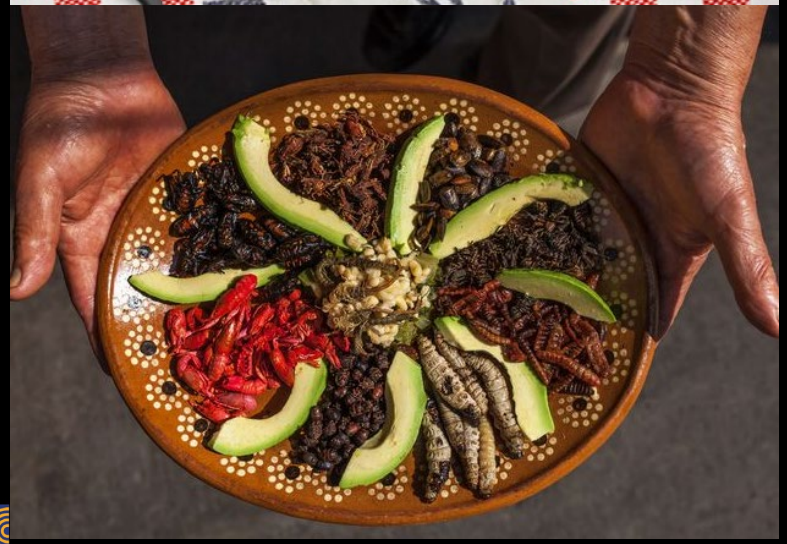
Overview

- Nutritional benefits of insects compared to other sources of protein, such as beef or chicken.
- Benefits and drawbacks of integrating edible insects into our daily diets.
- How to identify edible vs. inedible insects



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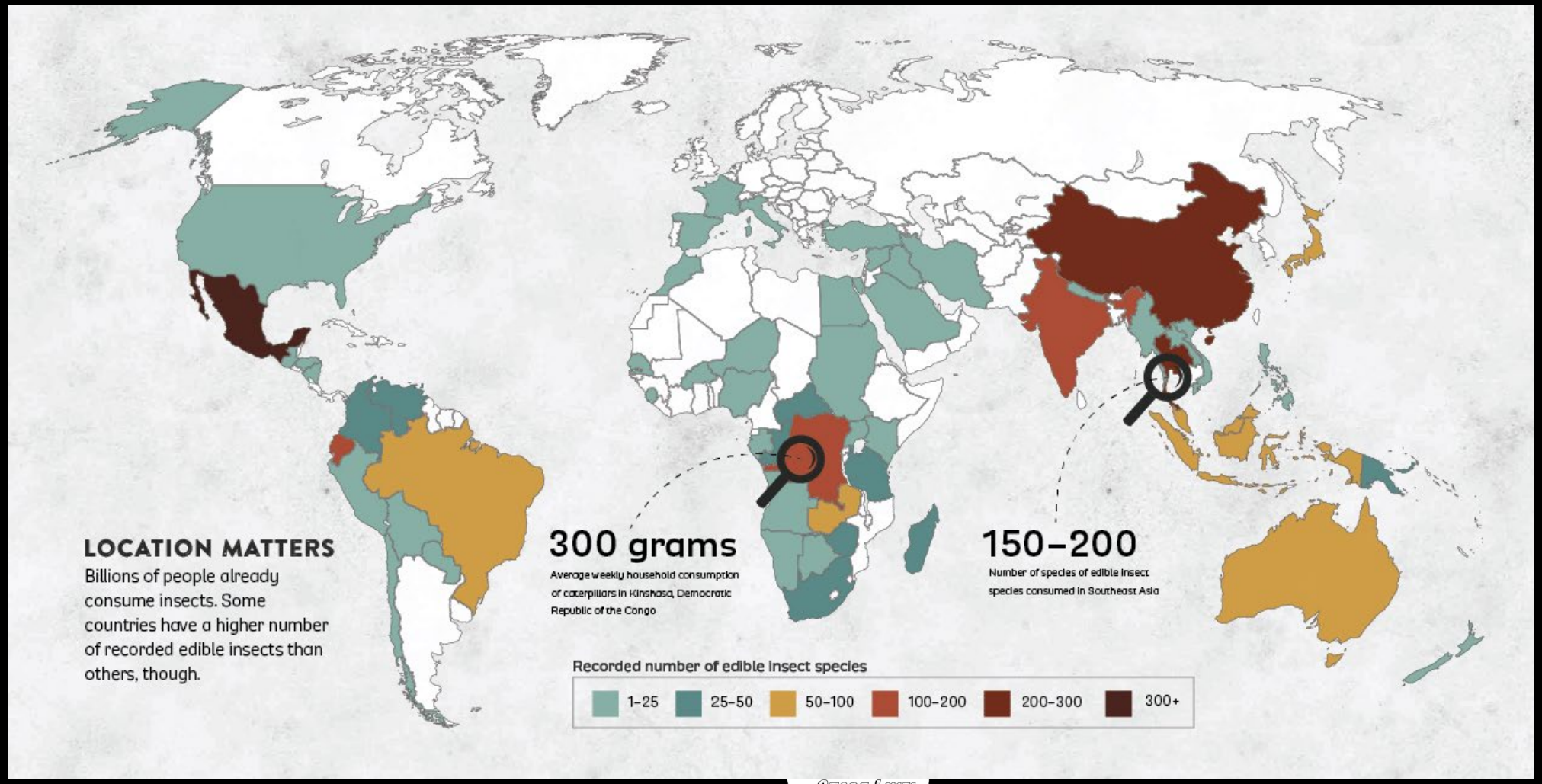
Entomophagy

The consumption of insects as food, particularly by people



https://www.offgridweb.com/preparation/infographic-edible-insects/

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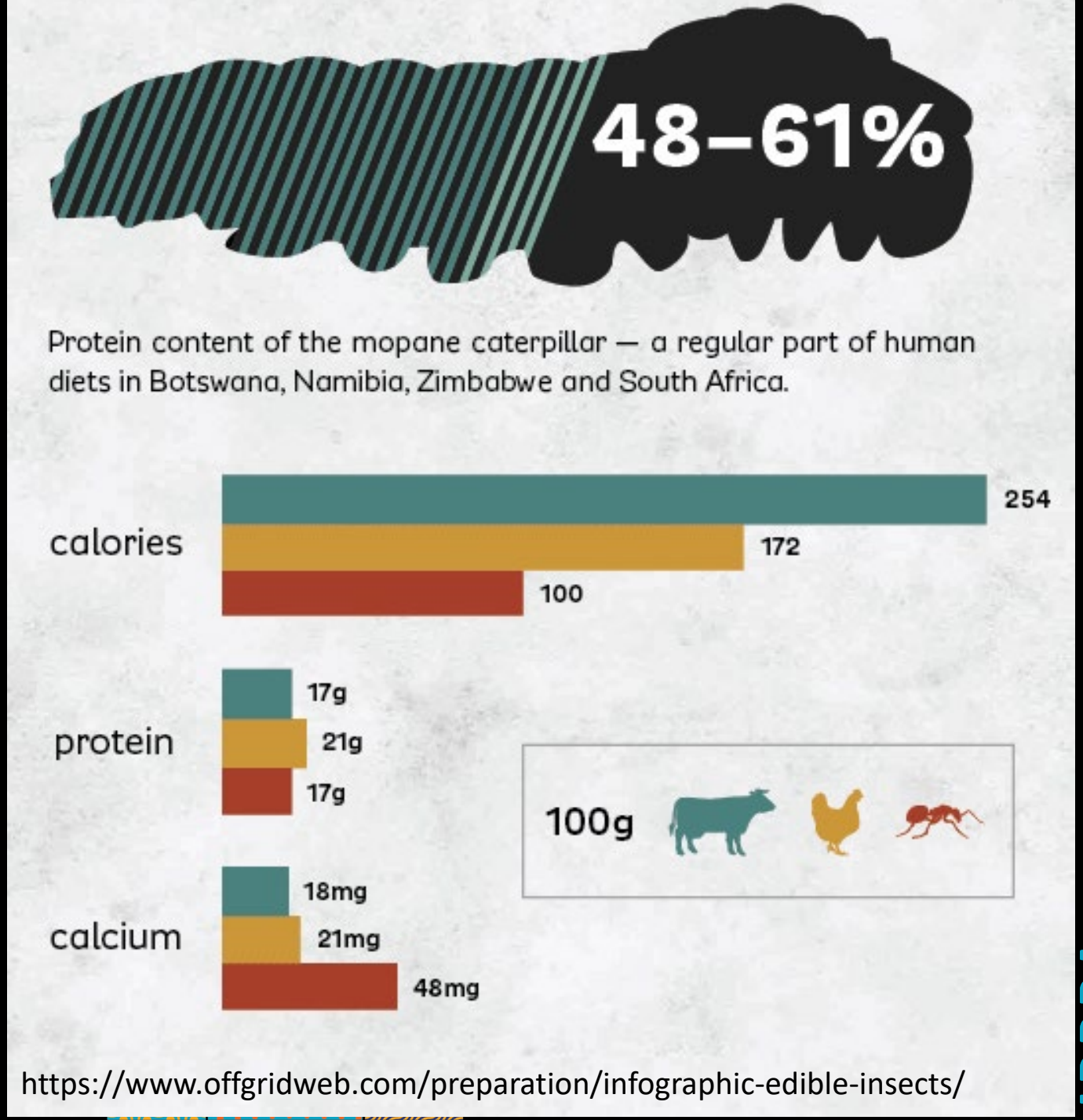
Are insects nourishing?

- Copper
- Iron
- Magnesium
- Manganese
- Phosphorus
- Selenium
- Zinc



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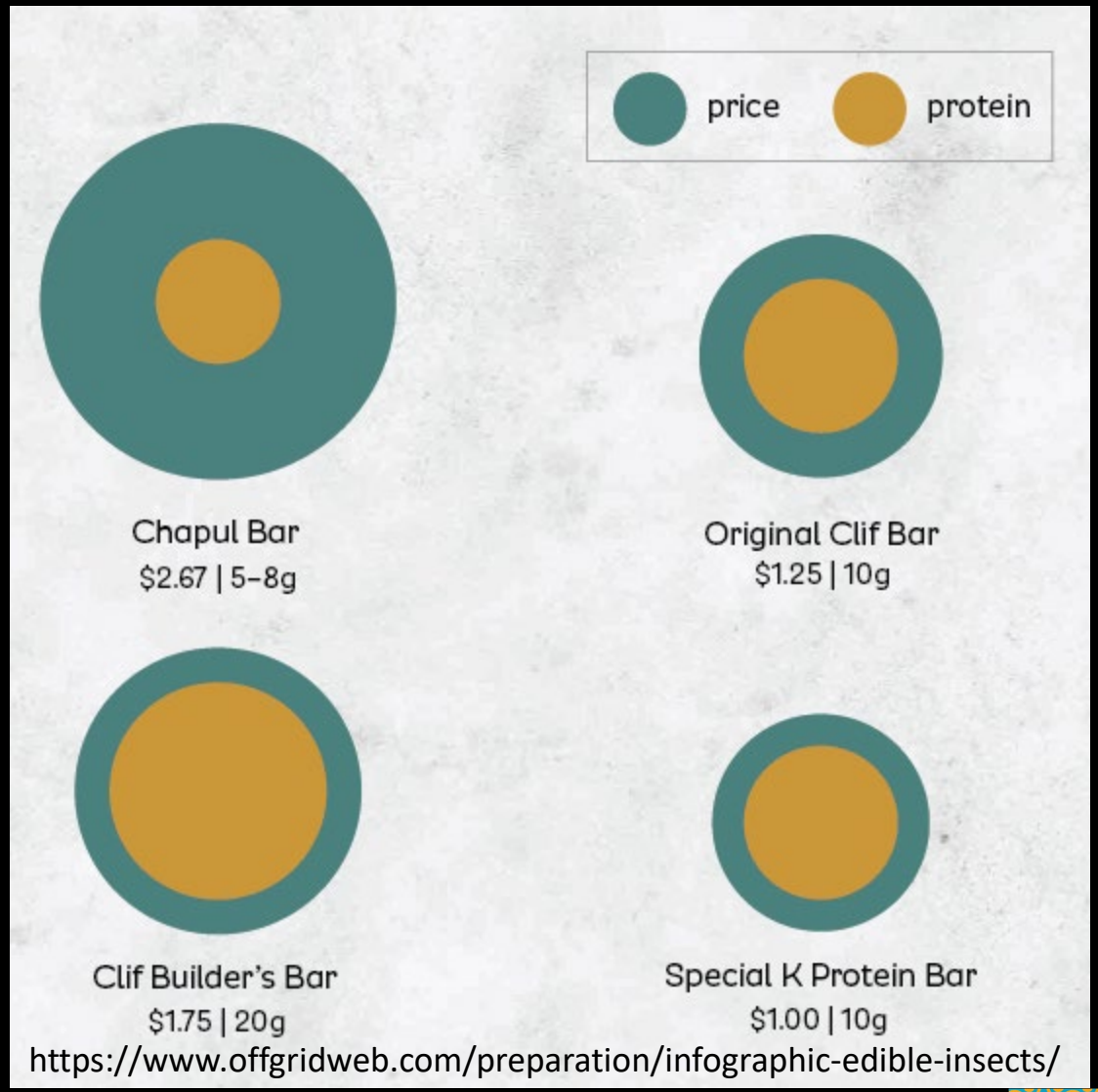
Are insects affordable?



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Prebiotic Cricket Protein Powder

Nutrition Facts

Serving Size: 1/3 Cup (36g)

Amount Per Serving	
Calories 150 Calories from Fat 45	
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 100mg	**33%**
Potassium 1.1g	**25%**
Sodium 130mg	**6%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 3g	**11%**
Sugars 0g	
Protein 25g	**50%**
Vitamin A 0% • Vitamin C 0%	
Calcium 8% • Iron 15%	
Vitamin B12 483%	

*Percent Daily Values are based on a 2,000 calorie diet.

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Environmental Benefits

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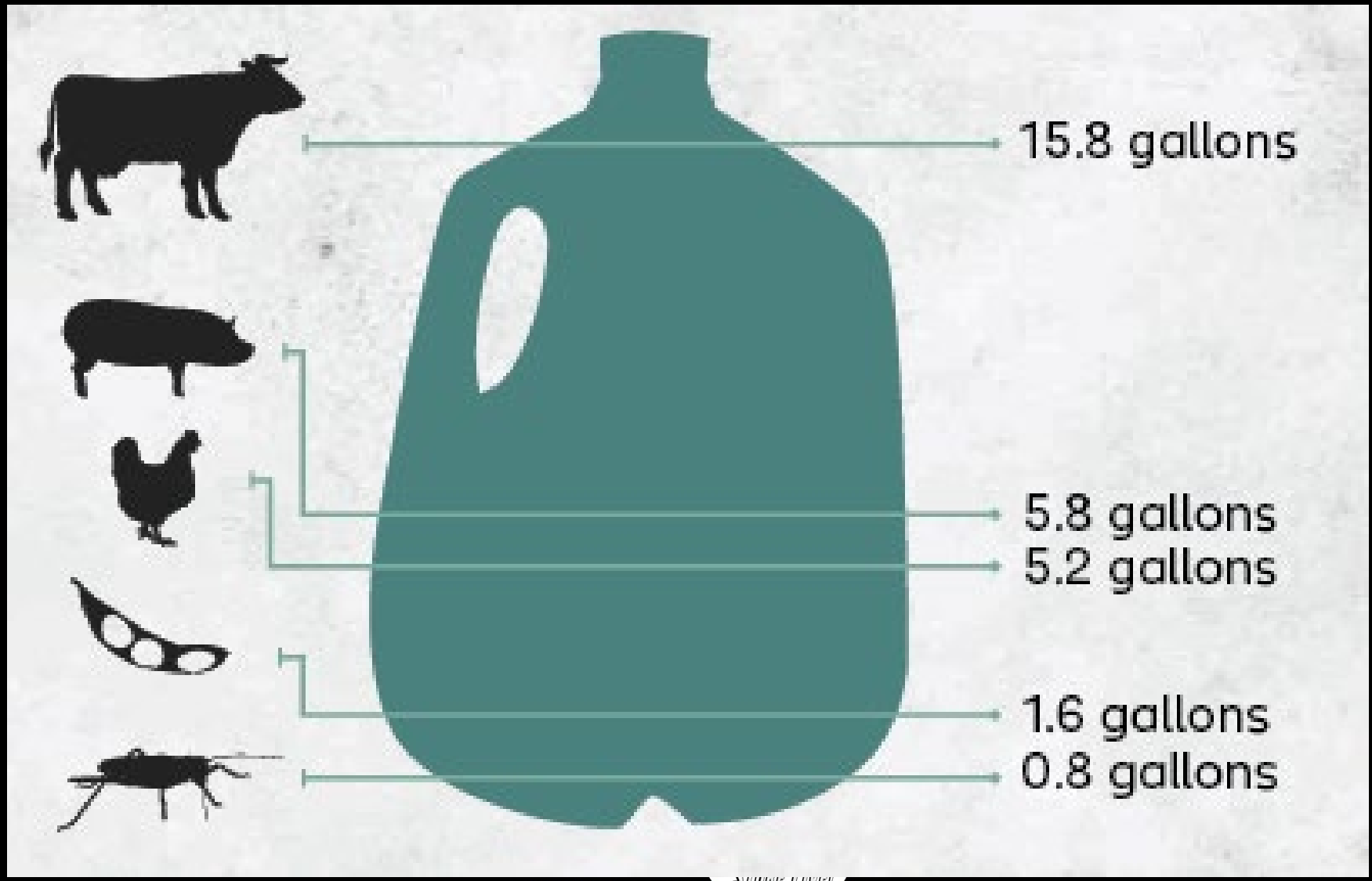
Environmental Benefits



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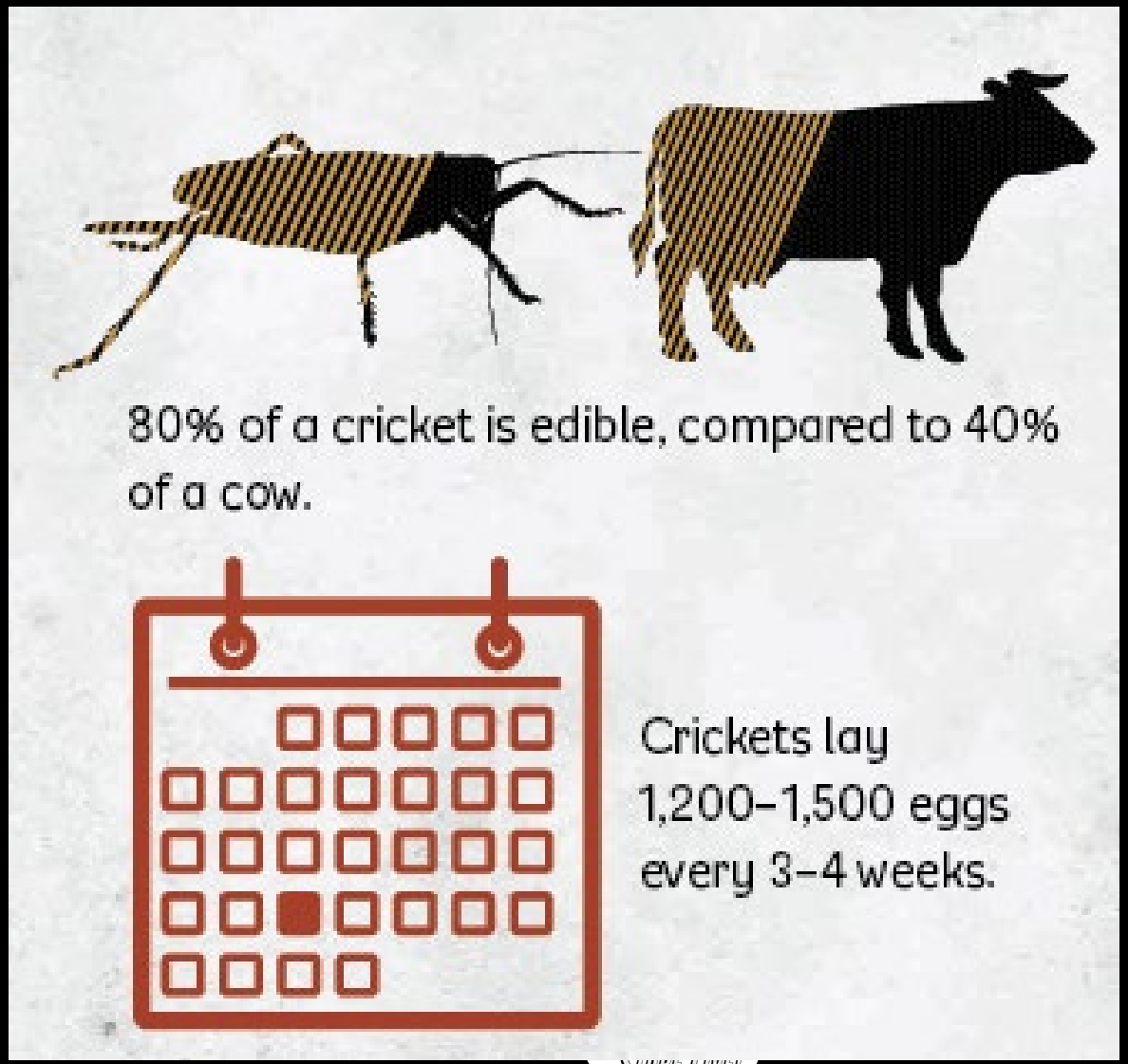
Environmental Benefits



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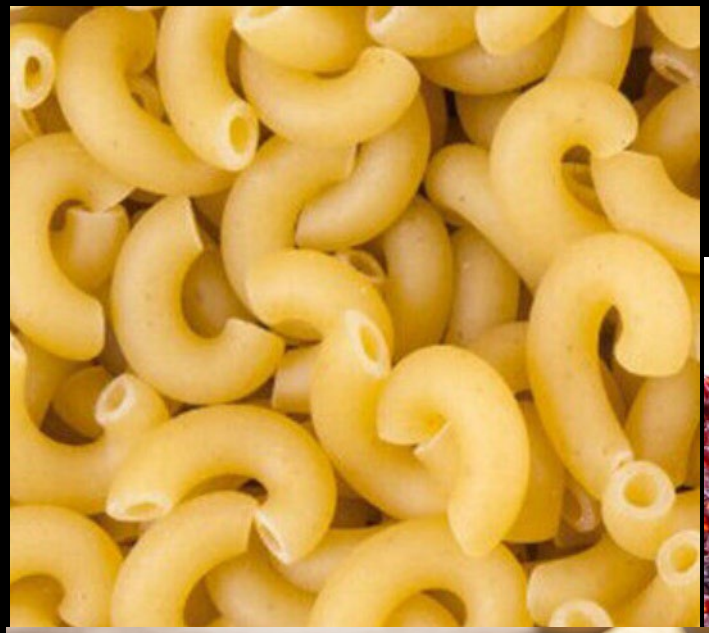
FDA facts about insects in our food



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Smithsonian Channel: Bug Bites!

Mealworm Popover and Tapenade

Tarantula Tempura

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Sources of edible insects

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CATCH THE SHOPPING BUG!

THAILAND UNIQUE

kreca®
Ento-Feed BV

Protifarm
effective nutrition

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THE FUTURE OF FOOD

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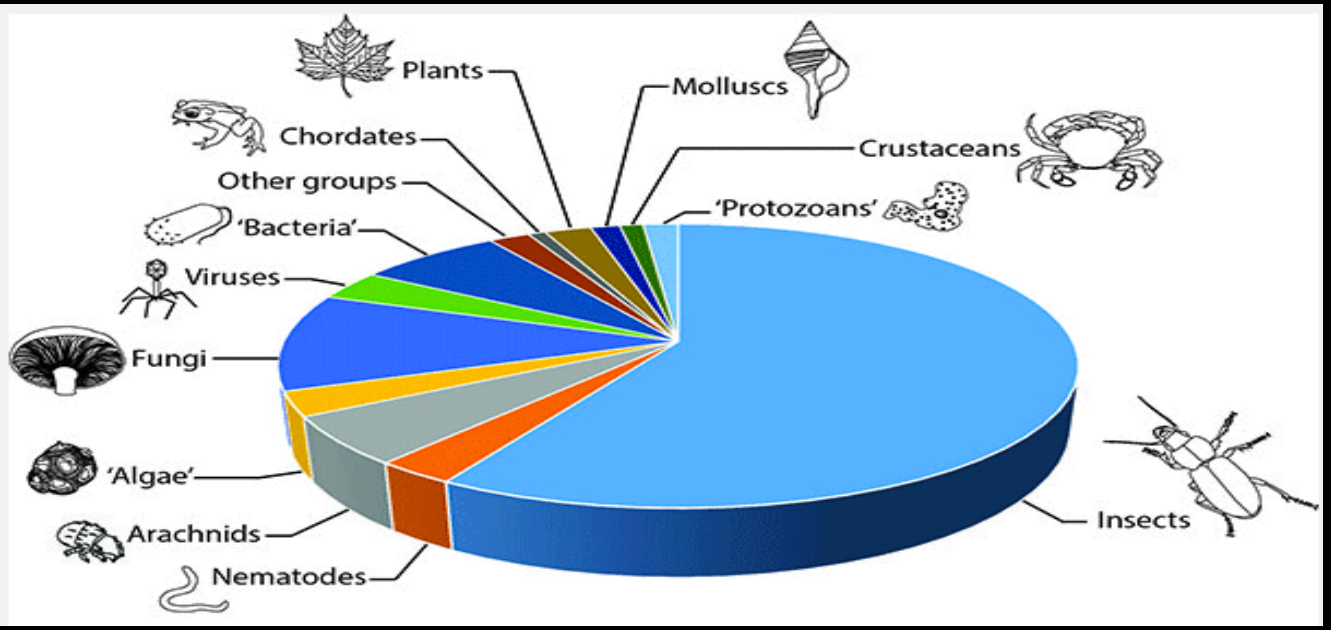
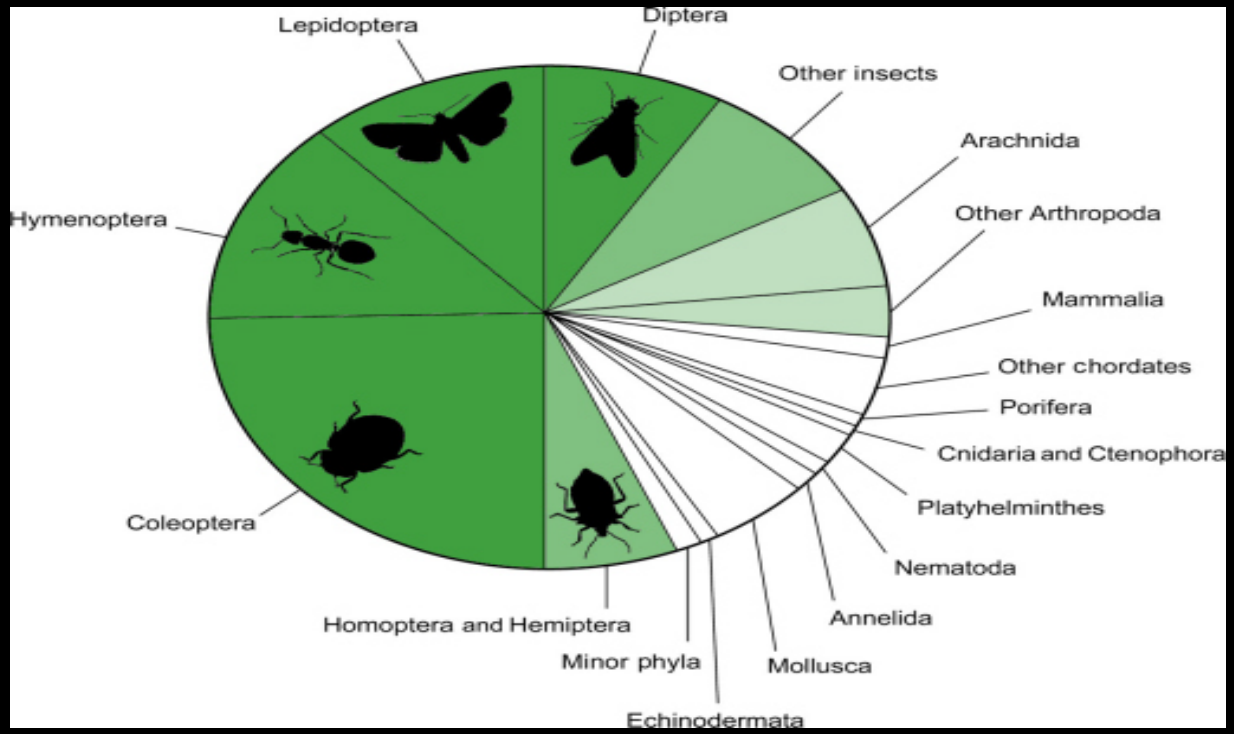
What insects are we eating?

How many species of insects are there compared to other organisms?





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What insects are we eating?

- Beetles (31%)
- Caterpillars (18%)
- Bees/ants (14%)
- Grasshoppers/crickets (13%)
- Cicadas/scale insects (10%)
- Dragonflies (3%)
- Termites (3%)
- Flies (2%)

What insects should we avoid?

- Blister beetles/Spanish fly – cantharidin
- Disease-spreading insects – mosquitoes
- Ticks (not insects and not edible)

If you are allergic to shellfish, you are likely allergic to insects

Summary

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Questions?

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