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December 2025

As is our custom, we are using our final newsletter of the year to reflect back on our most popular blog entries from the last twelve months. Enjoy your favorites again and check out the ones you missed.

Best wishes for a happy and healthy holiday season!

Thanks,
Jonah

5. Post-Exercise Vending Machine Options

Let’s consider the woman’s assertion, which is factually incorrect. But I will go further than that and make the case for why each of the vending machine’s options could appeal to someone after a workout. [Read More](#)

4. “Salad is a girl food”

Over the course of the year, our daughter had each of the alternative lunch options at least once, except for one: the chicken Caesar salad. When I asked her if any of her classmates routinely got the salad, she rattled off five or six names, all of whom are girls. [Read More](#)

3. To food journal, or not to food journal?

Back in 1993, I was a high school runner with a warped understanding of nutrition, so much so that my parents sent me to a dietitian, who had me keep a food journal as part of our work. More than 30 years later, food journals remain commonplace in dietetic counseling, and tracking apps like MyFitnessPal have popularized and normalized the act of documenting one’s eating even outside of working with a dietitian. But just because we can does not mean we should. [Read More](#)

2. The Privilege of Intuitive Eating

While my time working in food service was mostly limited to academic teaching restaurants and hospital cafeterias, I learned that some businesses monitor the food that customers leave on their plates and interpret the observations as feedback for what the patrons thought of their orders. [Read More](#)

1. Prediabetes

While I do think that having information about one’s blood sugar and looking out for changes are important, I also believe that some members of the medical community are creating panic around this condition while simultaneously pushing medications and diets that are unwarranted. So what does the research say about prediabetes and risk of developing diabetes? [Read More](#)