

FOOD



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Dear Mr. Adler,

I loved your last magazine, well, almost all of it, just not the top 10 foods. You forgot the best food in the world, SHRIMP! I mean who doesn't LOVE shrimp? Sure, people with seafood allergies but, #5 Lobster, #4 Clams, aren't those seafood items too? Hopefully in this edition, you will consider shrimp.

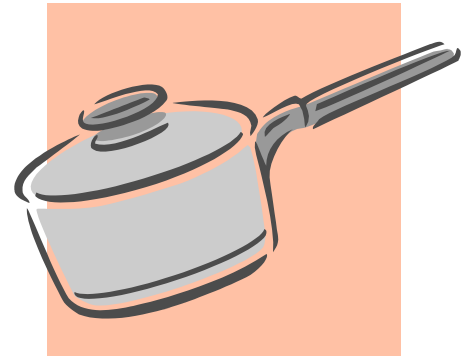
-Bruce Teale

Food Cookers



Food Cookers are now
rated the best in the
world!

You can get your own
Food Cooker today at
JCPenny, Walmart,
Walgreens, and Yonkers.



These store hours are all:
Monday – Friday: 8:00-6:00
Saturday: 7:00-10:30
Sunday: 9:00-12:00

By: *Alyssa Stillman*

Buffalo Wild Wings

- Buffalo Wild Wings was founded in 1982 by James DisBrow. He was living in Buffalo, New York and then he went to Kent, Ohio to judge and amateur skating competition at Kent State University in 1981. He met up with his good friend Scott Lowery and they wanted to eat some Buffalo Style chicken wings but they were unable to find one. So then they decided to open up on their own. Then in Westerville, Ohio a year later and they opened up Buffalo Wild Wings &



Weck. The abbreviation of it was BW3 for the 3 W's. The restaurant became a franchise. On December 27, 2009 Buffalo Wild Wings had 652 locations 232 directly owned by the company and 420 franchised across 45 U.S. states. BW3 had another nickname and that is B-Dubs. The headquarters was in Clifton Cincinnati for several years before moving to Minneapolis, Minnesota. In 2010 Buffalo Wild Wings announced that they were going to expand their company to Canada. Buffalo Wild Wings is famous because of 3 things their wings and their sauces and their love for all sports. They have 16 different sauces

- Sweet BBQ
- Teriyaki
- Mild
- [Parmesan Garlic](#)
- Medium
- Honey BBQ
- Spicy Garlic

- Jammin' Jalapeño
- Asian Zing
- Caribbean Jerk
- Thai Curry
- Hot BBQ
- Hot
- Mango Habanero
- Wild
- Blazin

Blazin is the Hottest sauce on the menu. Buffalo Wild Wings has a challenge called the Blazin challenge and that is eating 12 Blazin sauce wings in half an hour.



Phil's Philosophy Food



Low
Prices

Real Meat

Food so good, it
wants to be eaten

Top Five Healthiest Foods

1. Apples

Apples are an excellent source of antioxidants, which combat free radicals. Free radicals are damaging substances generated in the body that cause undesirable changes and are involved in the aging process and some diseases. Some animal studies have found that an antioxidant found in apples (polyphenols) might extend lifespans. Researchers at The Florida State University said that apples are a "miracle fruit". In their study, the investigators found that older women who starting a regime of eating apples daily experienced a 23 percent drop in levels of bad cholesterol (LDL) and a 4% increase in good cholesterol (HDL) after just six months.

2. Almonds

Almonds are rich in nutrients, including magnesium, vitamin E, iron, calcium, fiber, and riboflavin. A scientific review published in Nutrition Reviews³ found that almonds as a food may help maintain healthy cholesterol levels. Almonds have more fiber than any other tree nut. The fatty acid profile of almonds, which is made up of 91-94% unsaturated fatty acids, may partly explain why it helps maintain healthy cholesterol levels.

3. Broccoli

Broccoli is rich in fiber, calcium, potassium, folate and phytonutrients. Phytonutrients are

compounds which reduce the risk of developing heart disease, diabetes and some cancers. Broccoli also contains vitamin C, as well as beta-carotene, an antioxidant. A single 100 gram serving of broccoli can provide you with over 150 percent of the recommended daily intake of vitamin C, cold. Another ingredient, sulforaphane, which exists in broccoli, is also said to have anti-cancer as well as anti-inflammatory qualities. However, overcooking can destroy most of the benefits.

4. Blueberries

Blueberries are rich in fiber, antioxidants and phytonutrients. Phytonutrients are natural chemicals found in plants. Unlike minerals and vitamins that are also found in plant foods, phytonutrients are not essential for keeping us alive. However, they may help prevent disease and keep the body working properly. According to a study carried out at Harvard Medical School, elderly people who eat plenty of blueberries (and strawberries) are less likely to suffer from cognitive decline, compared to other people of their age who do not.¹⁰

Scientists at Texas Woman's University found that blueberries help in curbing obesity. Plant polyphenols, which are abundant in blueberries, have been shown to reduce the development of fat cells (adipogenesis), while inducing the breakdown of lipids and fat (lipolysis).

5. Oily fish

Examples of oily fish include salmon, trout, mackerel, herring, sardines and anchovies. These types of fish have oil in their tissues and around the gut. Their lean fillets contain up to 30% oil, specifically, omega-3 fatty acids. These oils are known to provide benefits for the heart, as well as the nervous system. Oily fish are also known to provide benefits for patients with inflammatory conditions, such as arthritis. Oily fish also contain vitamins A and D. Scientists at UCLA's Jonsson Comprehensive Cancer Center found that prostate cancer progression was significantly slowed when patients went on a low-fat diet with fish oil supplements.

There is a new restaurant in town that serves America's favorite food! Pizza is one of the greatest foods of all time. From the tomato sauce to the cheese it is all made here in the United States. The cheese is from Wisconsin, the tomatoes are from California, and the flour comes from Kansas.

It is the finest homemade pizza in town! The pizzas are all made from scratch with fresh toppings and sauce. They are in the process of building their second restaurant on the north side of town. From my personal experience they treat you like you own the place and they are the nicest people you will have ever met.

For their second restaurant the food and all the people they have there are still just as nice as the people in their first store. I think they should make a pizza burrito for their restaurant. It looks like a burrito, but it tastes like a fresh pizza. Then for something that will make the restaurant a big hit, they should make a 20 pound pizza! Only 2 people would be allowed to eat it and there would be a 1 hour time limit.



Now for this week's second news story. The Asian Buffet is making their store bigger, so they will be down for the next 2 to 3 months. This is one of a bunch of new things they are also now sending out drivers to take your food right to you. Before they had you come and get your own food. They are also putting up a statue of the founder of Asian Buffet. If you're driving down Highway 120 you are able to see the new Asian Buffet billboard. They are going to put in new booths and seating with comfy chairs. One of their newest improvements that they told us is that they got a bigger and better Mongolian grill. This will make their food cook through better making it just perfect every time.

One of my favorite things during Christmas time is peanut butter balls. This is how you make them. First you get a half pound of chocolate. Then you get graham crackers and a bag. Put about 5 or 6 graham crackers and then you just smash them until they are crumbs. Then you take a small jar of peanut butter and put all of it in a bowl and put the graham crackers in it. Mix it all together and then make them into golf ball size. Then you just drop them into a bowl of melted chocolate; roll them around with a spoon. If it's cold put them outside to freeze or put them in a fridge.

At first it was hard for me to pick a topic for my magazine. I thought about the things I did on a daily basis and which I liked to do more than others. Very quickly I realized that I always look forward to meals and enjoy having them. So I made a magazine on food. It was hard for me to get people to write because it is very hard to write a page of words on food. That was one thing I didn't think about as much when I decided my topic. I don't really have a favorite food. There are foods I like more than others, but not really one better than the rest. I like almost all foods, except vegetables. I will eat them, but I usually would rather be eating something else. My favorite meal of the day is breakfast. I love a big plate of eggs, sausage, bacon, hash browns, and toast. In conclusion, I made a magazine about food because I like food.