

Bryan Quoc Le, Ph.D.

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Education

Ph.D., Food Science; Ph.D. Minor, Chemistry, University of Wisconsin, Madison, 2020
Thesis: [*In Vitro and In Vivo Activities of Allium-derived Alk\(en\)ylmercaptocysteines*](#)

M.S., Chemistry, University of California, Irvine, 2014

Graduate Studies, Chemistry and Medicine, Stanford University, 2012

B.S., Chemistry (magna cum laude), University of California, Irvine, 2011

Experience

Consulting Food Scientist, Bryan Quoc Le LLC (Self-Employed), 2020 – Present

Current and Former Clients:

- **Established Companies:**
DecoPac, Blue Diamond Growers, Lactalis, Trinchero Family Estates, Valrhona
- **Venture-Backed Companies:**
The Good Food Institute (Y Combinator, S18), TurtleTree (\$30 Million, Series A), MiLa (\$22.5 Million, Series A), Elo Life Systems (\$20.5 Million, Series A2), Black Sheep Foods (\$12.3 Million, Series A), ZoomEssence (\$2.6 Million, Venture Round), Stratix Labs (\$1.5 Million, Seed Round), High Time Foods (\$555K, Techstars '22), Sun Bear Bioworks (Carbon13, Cohort 3)
- **Small and Midsize Businesses (SMB):**
Fumari, Plant Perks, Wilderton, Ample Hills Creamery, Cool Earth Creamery, Silver Hills Bakery, Skinesa, Tres Agaves, Renude, Tutta Bella

Faculty Research Fellow, Department of Chemistry, Pacific Lutheran University, 2023 – 2024

Lead Consultant and Project Manager, The Good Food Institute, 2022 – 2023

Research Scholar, Ronin Institute for Independent Scholarship, 2021 – 2024

Production Management Intern, Saputo Inc., 2018

Graduate Research Scholar, Department of Food Science, University of Wisconsin, Madison, 2015 – 2020

Research Specialist, Joint Center for Artificial Photosynthesis, California Institute of Technology, 2015

Graduate Teaching Assistant, Department of Chemistry, University of California, Irvine, 2013 – 2014

Honors & Awards

Food Science Consultant of the Year - Global Vegan Awards, LUXlife Magazine, 2023
James Beard Legacy Scholarship (\$10,000), James Beard Foundation, 2018
Cargill Diversity Scholarship, 2018
CALs Albert & Adelaide Riker Scholarship, University of Wisconsin, Madison, 2017
Wisconsin Institute of Food Technologists Graduate Student Scholarship, 2017
CALs Norman F. Olson Family Scholarship, University of Wisconsin, Madison, 2016
Science and Medicine Graduate Research Scholars Fellowship, University of Wisconsin, Madison, 2015
Cornell University Fellowship, 2015 (declined)
John F. Steindler Fellowship, University of California, Davis, 2015 (declined)
Carpenter Award, University of California, Davis, 2015 (declined)
Knowles Science Teaching Foundation (KSTF) Teaching Fellowship, Finalist, 2014
Outstanding Contributions to the UC Irvine Department of Chemistry Teaching Program, 2014
Phi Beta Kappa, 2011
Outstanding Senior in Chemistry, University of California, Irvine, 2011
Pfizer-UCI Undergraduate Research Award in Organic Chemistry, University of California, Irvine, 2011
Allergan Undergraduate Research Fellowship, University of California, Irvine, 2010
NSF Research Experience for Undergraduates (REU) Summer Fellowship, 2010
Summer Undergraduate Research Fellowship, University of California, Irvine, 2010
Merck Index Organic Chemistry Award, University of California, Irvine, 2009
Webtel.mobi-Zooppa Video Ad Competition, People's Choice Award, 2009
'Crazy Green Idea' YouTube Challenge, X PRIZE Foundation, Grand Prize (\$25,000), 2009
CRC Press Outstanding Freshman in Chemistry, University of California, Irvine, 2008

Grants

"Analyzing Prospects for Sidestream Utilization in Alternative Protein Production." (\$65,000) The Good Food Institute, 2022.

Publications

Whitepaper

Eastham, L.; Panescu, P.; Costa, S.; Le, B.Q.; Radovanovic, V.; Mijukovic, V. Cultivating alternative proteins from commodity crop sidestreams. *The Good Food Institute*, 2023. [Link](#)

Book

Le, B.Q. 2020. *150 Food Science Questions Answered*. New York City, NY: Rockridge Press. [Link](#)

Peer-Reviewed Article

Tocmo, R.; Le, B.; Heun, A.; van Pijkeren, J.P.; Parkin, K.; Johnson, J.J. Prenylated xanthenes from mangosteen (*Garcinia mangostana*) activate the AhR and Nrf2 pathways and protect intestinal barrier integrity in HT-29 cells. *Free Rad. Biol. Med.* 2021, 163, 102-115.

Patents

Le, B.Q. A nutrient dense bar and a method of manufacturing a nutrient dense bar. 2024, [WO2024062275A1](#).

Butler, A.; Le, B.Q. Composition and method for stimulating plant growth and productivity. **2023**, [US20230138662A1](#).

Butler, A.; Liaw-Morris, P.; Le, B.Q. Foliar composition comprising potassium bicarbonate, liquid soap, and salicylic acid or γ -aminobutyric acid for enhancing plant growth and productivity. **2022**, [CA3142690A1](#).

Other Writing

2024

“What Is Longevity and How Can Lactoferrin Help?” *TurtleTree Blog*. July 23, 2024. [Link](#)

“Sports Nutrition Needs for Female Athletes” *TurtleTree Blog*. January 1, 2024. [Link](#)

2023

“How to Speed Up Muscle Recovery with Sports Nutrition?” *TurtleTree Blog*. December 12, 2023. [Link](#)

“Probiotics, Prebiotics & Postbiotics: What are the Differences?” *TurtleTree Blog*. November 16, 2023. [Link](#)

“How Your Gut Microbiome Influences Mental Health, Mood, and Energy” *TurtleTree Blog*. September 21, 2023. [Link](#)

“What are Hybrid Products and How are They Reshaping Food?” *TurtleTree Blog*. August 28, 2023. [Link](#)

“How Lactoferrin Regulates Iron Throughout the Body and Keeps You Performing Your Best” *TurtleTree Blog*. June 27, 2023. [Link](#)

“What are the Benefits of Lactoferrin?” *TurtleTree Blog*. May 18, 2023. [Link](#)

2022

“The First 1,000 Days: Infant Health and the Gut Microbiome.” *TurtleTree Blog*. May 27, 2022. [Link](#)

2021

“The Gut and Skin Health.” *TurtleTree Blog*. July 27, 2021. [Link](#)

“Tracking Space Debris with LeoLabs.” *Nanalyze*. July 6, 2021. [Link](#)

“A Better Gut for a Better Heart.” *TurtleTree Blog*. July 1, 2021. [Link](#)

“7 Companies Doing DNA Synthesis for Medical R&D.” *Nanalyze*. June 25, 2021. [Link](#)

“Eight 3D Bioprinting Companies for Medical Solutions.” *Nanalyze*. June 17, 2021. [Link](#)

“The Gut Keeps Sneezing Noses at Bay.” *TurtleTree Blog*. June 14, 2021. [Link](#)

“Sexual Health and the Gut.” *TurtleTree Blog*. June 14, 2021. [Link](#)

“9 Neurotechnology Companies Merging Humans and Machines.” *Nanalyze*. June 7, 2021. [Link](#)

“How Does Gut Health Affect Brain Health?” *TurtleTree Blog*. June 5, 2021. [Link](#)

“Passport – A Smart City Parking Platform.” *Nanalyze*. May 30, 2021. [Link](#)

“How to Ensure Quality Control in Cannabis-Infused Products.” *Analytical Cannabis*. May 28, 2021. [Link](#)

“The Powerful Connection Between Gut Health and Sleep.” *TurtleTree Blog*. May 24, 2021. [Link](#)

“Trax – Reinventing Retail with Computer Vision.” *Nanalyze*. May 23, 2021. [Link](#)

“How Eikon Uses Fluorescence Microscopy for Drug Discovery.” *Nanalyze*. May 15, 2021. [Link](#)

“Manipulating Molecules with the LUMICKS Platform.” *Nanalyze*. April 29, 2021. [Link](#)

“How Feeling Tired and Low Energy Can Come from Poor Gut Health.” *TurtleTree Blog*. April 27, 2021. [Link](#)

“7 Companies Using AI for Drug Discovery.” *Nanalyze*. April 24, 2021. [Link](#)

“12 No-Code Platforms for Some DIY Machine Learning.” *Nanalyze*. April 19, 2021. [Link](#)

“5 Novel Therapies Using Synthetic Biology.” *Nanalyze*. April 12, 2021. [Link](#)

“6 Cybersecurity Companies for Ensuring Data Privacy.” *Nanalyze*. April 5, 2021. [Link](#)

“The Gut-Brain Axis and Its Influences in Your Life.” *TurtleTree Blog*. April 4, 2021. [Link](#)

“Gut Health 101: Probiotics, Prebiotics, and More!” *TurtleTree Blog*. April 4, 2021. [Link](#)

“5 Natural Language Processing Companies Using GPT-3.” *Nanalyze*. March 28, 2021. [Link](#)
“5 Robotic Manufacturing Companies for Smart Factories.” *Nanalyze*. March 22, 2021. [Link](#)
“The Power of Human Milk Oligosaccharides.” *TurtleTree Blog*. March 16, 2021. [Link](#)
“8 Companies Developing Bioelectronic Devices.” *Nanalyze*. March 13, 2021. [Link](#)
“Lactoferrin, the Milk Protein That Packs a Punch!” *TurtleTree Blog*. March 10, 2021. [Link](#)
“8 Lab-Based Food Companies Creating Exotic Foods.” *Nanalyze*. March 5, 2021. [Link](#)
“How Does Human Milk Change Over Time?” *TurtleTree Blog*. February 25, 2021. [Link](#)
“What Are the Differences Between Human Milk and Cow Milk?” *TurtleTree Blog*. February 17, 2021. [Link](#)
“Here’s Why Human Milk Is Better for Everyone (Not Just Babies!)” *TurtleTree Blog*. February 10, 2021. [Link](#)
“Detecting Mycotoxins in the Cannabis Supply Chain.” *Analytical Cannabis*. January 31, 2021. [Link](#)

2020

“What I Learned through My Three-Year Journey from Beginner to Published Author.” *Medium*. May 31, 2020. [Link](#)
“How to Make a Virus-Killing Copper Spray Using Pennies.” *Medium*. April 6, 2020. [Link](#)
“How Can We Recycle the World’s Food Supply? It Might Involve Leftovers.” *Medium*. January 9, 2020. [Link](#)

2019

“When Will There Ever Be a Cure for Multiple Sclerosis?” *Nanalyze*. December 27, 2019. [Link](#)
“Detecting and Removing Mycotoxins in the Food Chain.” *Technology Networks*. December 12, 2019. [Link](#)
“6 Cannabis Biotech Companies for Growing the Best Weed.” *Nanalyze*. March 6, 2019. [Link](#)
“When Will There Ever Be a Cure for HPV?” *Nanalyze*. January 29, 2019. [Link](#)

2018

“Food, Fire, and the Human Brain.” *Medium*. November 17, 2018. [Link](#)
“On the Human Right to Healthy Food.” *Medium*. November 12, 2018. [Link](#)
“The Real Tastemakers Behind Artificial Flavors.” Featured Story. *Medium*. November 9, 2018. [Link](#)
“Mustard – From Monasteries to Mad Money.” *Medium*. November 5, 2018. [Link](#)
“When Will There Ever Be a Cure for Baldness?” *Nanalyze*. November 1, 2018. [Link](#)
“Mint, a Fresh Future.” *Medium*. October 31, 2018. [Link](#)
“Fish Sauces I’ve Known and Loved.” *Medium*. October 27, 2018. [Link](#)
“There’s Nothing ‘Vanilla’ About Vanilla.” Featured Story. *Heated*. October 20, 2018. [Link](#)
“An Inside Look at Post-Industrial Cheese.” *Data Driven Investor*. October 16, 2018. [Link](#)
“Instant Ramen.” *Medium*. October 10, 2018. [Link](#)
“When Will There Ever Be a Cure for HIV?” *Nanalyze*. October 1, 2018. [Link](#)
“Is 3D Printing the Future of Personalized Nutrition?” *Kerry Health and Nutrition Institute*. June 20, 2018. [Link](#)
“20+ Food Incubators and Innovation Programs to Jumpstart Your Idea.” *Kolabtree Blog*. April 10, 2018. [Link](#)
“Where Do Fibers Come From and What Role Do They Have in Food and Health?” *Kerry Health and Nutrition Institute*. March 12, 2018. [Link](#)
“Three Brilliant Innovations in Synthetic Foods.” *Kolabtree Blog*. February 16, 2018. [Link](#)

2017

“How Food Technology is Fighting World Hunger.” *Kolabtree Blog*. November 28, 2017. [Link](#)
“Eight Ways Biotechnology is (Still) Shaping the Foods of the Future.” *Kolabtree Blog*. October 25, 2017. [Link](#)

2012

“How to Walk Across America.” *Instructables*. March 3, 2012. [Link](#)

Speaking Engagements, Presentations & Interviews

Speaking Engagements

2024

“Cultivating Alternative Proteins from Commodity Crop Sidestreams” *American Oil Chemists’ Society Sustainable Protein Forum*. Montréal, Québec, Canada. 10:55EST, May 1, 2024. [Link](#)

“wasteCANcreate Summit: Generating a Canadian Bioconversion Upcycling Strategy” *Ontario Genomics*. Evergreen Brick Works. Toronto, Ontario, Canada. 10:30AM EST, March 6, 2024. [Link](#) (Invitation-Only)

2023

“Climate Science on Tap: Alternative Proteins” *Cascadia Climate Action*. Bickerson Brewhouse. Seattle, Washington, United States. 7:00PM PST, September 13, 2023. [Link](#)

“Everything You Never Learned About Food & Flavors (Not Covered Lecture Series)” *RAIN Incubator*. RAIN Incubator. Tacoma, Washington, United States. 6:00PM PST, April 4, 2023. [Link](#)

Multimedia

2023

“How to manage your holiday leftovers safely according to scientists” *Global News Montreal*. December 28, 2023. [Link](#)

“GFI analysis: Cultivating alternative proteins from commodity crop sidestreams” *The Good Food Institute*. October 24, 2023. [Link](#)

“Alternative Dairy and Meat – From Precision Fermentation to Cellular Agriculture” *International Dairy Deli Bakery Association*. October 18, 2023. [Link](#)

“AltMeat: Product Design of Plant-Based Foods (Guest Lecture)” *UC Berkeley Sutardja Center*. October 9, 2023. [Link](#)

“Cultivated Meat Part 2 of 3 – What gives cultivated meat its flavor and texture with food scientist Bryan Le, PhD” *Nutrition Geeks @Microsoft*. September 13, 2023. [Link](#)

“Designing Systems to Valorize Food Waste Using Solid-State Fermentation (Guest Lecture).” *Fermentation Science Institute, Southern Illinois University Carbondale*. August 30, 2023. [Link](#)

“Ep 66 – Bryan Quoc Le, Ph.D., Food Scientist, Food Industry Consultant and Author” *FoodGrad Podcast*. July 12, 2023. [Link](#)

“Vissaus” *Keuringsdienst van waarde*. June 23, 2023. [Link](#)

“Author Bryan Le on transitioning to Food Science and becoming a consultant” *Abbey the Food Scientist*. May 3, 2023. [Link](#)

“#121 Interview with Bryan Quoc Le on stepping beyond one’s comfort zone” *PhD Career Stories*. April 13, 2023. [Link](#)

“When flavor meets health – How to get the best flavor without sacrificing nutrients with Bryan Le, PhD” *Nutrition Geeks @Microsoft*. February 16, 2023. [Link](#)

“Leveraging Your PhD in the Consulting Space with Bryan Quoc Le” *PapaPhD*. January 26, 2023. [Link](#)

“Consulting after your PhD” *PhD Talk*. January 24, 2023. [Link](#)

“Dr. Bryan Quoc Le, Food Scientist” *Discover Discovery*. January 5, 2023. [Link](#)

2022

“Bryan Quoc Le on 150 Food Science Questions Answered” *Ronin Institute*. November 2, 2022. [Link](#)
“Bryan Le and Taking this Journey with Loved Ones” *ADHD Online*. October 4, 2022. [Link](#)
“Plant-Based Foods: A Perspective on Innovation, Science and Technology”. *Future Food Cast*. July 28, 2022. [Link](#)
“Failure Friday: ‘I Dropped Out of Stanford and Left My Business at the Same Time...’” *Side Hustle School*. February 25, 2022. [Link](#)
“Food Technology and Science.” *The World According to Jesse* (Jesse Ventura, Former Governor of Minnesota). January 28, 2022. [Link](#)
“An Interview with Dr. Bryan Quoc Le and His Food Science Book.” *Leadwire*. December 19, 2021. [Link](#)

2021

“The Science of Taste and Flavour – Fireside Chat with Dr. Bryan Quoc Le, Food Scientist.” *The Science Says*. October 14, 2021. [Link](#)
“Food Scientist Cooks Up Juicy Profits.” *The Side Hustle School*. June 25, 2021. [Link](#)
“How Condiment Supply Chain Shortages Make Or Break A Restaurant’s Flavor Profile.” *MarketScale*. April 19, 2021. [Link](#)

2020

“Scientific Communication feat. Bryan Le.” *Food in the Hood*. July 27, 2020. [Link](#)
“The future of food.” *Yellow Blue and Green*. June 23, 2020. [Link](#)

Digital Publications

2024

“Is It Safe To Eat Hot Delivery Food That Arrives Cold?” *HuffPost*. August 1, 2024. [Link](#)
“Yes, You Can Cook Tinned Fish in Its Tin” *Eater*. July 30, 2024. [Link](#)
“11 Old School Ingredients You Shouldn’t Be Scared To Use, According To Experts” *Mashed*. July 24, 2024. [Link](#)
“Skip These Items At The Salad Bar If You Want To Avoid Food Poisoning” *HuffPost*. July 23, 2024. [Link](#)
“7 Best Shaker Bottles of 2024” *U.S. News & World Report*. July 19, 2024. [Link](#)
“How to Store Strawberries the Right Way, According to Fruit Experts” *Martha Stewart*. July 9, 2024. [Link](#)
“How to Wash Blueberries the Right Way” *Martha Stewart*. July 2, 2024. [Link](#)
“Mycelium-based Meat Intriguing Investors and Consumers” *The Food Institute*. July 2, 2024. [Link](#)
“You’re Probably Drinking Matcha Wrong – And It’s Making It Less Healthy” *HuffPost*. June 21, 2024. [Link](#)
“Should You Refrigerate Jelly and Jam? Food Scientists Settle the Debate” *Martha Stewart*. June 21, 2024. [Link](#)
“Mistakes Experts Say You Should Never Make With Soy Sauce” *Mashed*. June 19, 2024. [Link](#)
“The Next Big Thing in CPG? Shelf-Stable Products” *The Food Institute*. May 15, 2024. [Link](#)
“The Right Way to Store Zucchini So It Stays Fresh Longer” *Martha Stewart*. May 4, 2024. [Link](#)
“Do You Really Have to Store Ketchup In the Fridge? A Food Scientist Answers” *Better Homes & Gardens*. May 2, 2024. [Link](#)
“How to Store Lettuce So It Stays Fresh for 2 Weeks or More” *Martha Stewart*. April 6, 2024. [Link](#)
“How to Store Carrots So They Stay Crips, According to Experts” *Martha Stewart*. March 19, 2024. [Link](#)
“How not to cry while cutting onions, according to the experts” *CNN Health*. March 18, 2024. [Link](#)
“Our love of soft, sweet foods goes back even further than we imagined” *Salon*. February 10, 2024. [Link](#)
“The Right Way to Store Banana Bread – So You Can Enjoy Every last Slice” *Martha Stewart*. February 9, 2024. [Link](#)
“The Right Way to Store Homemade Bread So It Stays Fresh” *Martha Stewart*. February 2, 2024. [Link](#)
“3 Ways to Ripen Bananas – Including One Method That Takes Only Minutes” *Martha Stewart*. January 30, 2024. [Link](#)
“That Viral Video Of Reese Witherspoon Making ‘Snow Ice Cream’ Has Generated A Lot Of Mixed Reactions – Here’s An Expert’s Take On The Trend” *BuzzFeed*. January 26, 2024. [Link](#)

“How to Cut an Onion Without Crying” *Martha Stewart*. January 23, 2024. [Link](#)
“Does Sriracha Taste Different After The Shortage? We Put It To The Test – And Learned Proper Storage Etiquette In The Process” *LAist*. January 19, 2024. [Link](#)
“11 Freezer Storage Mistakes That Are Ruining Your Frozen Food” *Martha Stewart*. January 8, 2024. [Link](#)

2023

“Why does fruitcake last so long? Ingredients and preparation of the dessert play into its longevity” *Fox News*. December 28, 2023. [Link](#)
“How to manage your holiday leftovers according to scientists” *Global News Montreal*. December 28, 2023. [Link](#)
“Food Safety Experts Reveal The 4 Ingredients They Would Never, Ever Order When Out to Eat” *BuzzFeed*. December 25, 2023. [Link](#)
“Why Does Fruitcake Last So Long?” *Scientific American*. December 25, 2023. [Link](#)
“Meat Authenticity and Tackling Meat Fraud” *Technology Networks*. December 11, 2023. [Link](#)
“How to Store Apple Cider Vinegar So It Stays Fresh for Years – Food Pro’s Easy Trick” *For Women First*. December 2, 2023. [Link](#)
“How Long Do Thanksgiving Leftovers Last” *Scientific American*. November 22, 2023. [Link](#)
“Baby Food Pouches Recalled Over Lead Contamination, What to Know” *Healthline*. November 8, 2023. [Link](#)
“How to Wash Your Fruits and Vegetables the Right Way” *theSkimm*. October 24, 2023. [Link](#)
“Food Safety Experts Avoid These 4 Foods At The Grocery Store” *HuffPost*. October 1, 2023. [Link](#)
“Why Do My Hard-Boiled Eggs Have Green Yolks?” *Southern Living*. August 11, 2023. [Link](#)
“4 Ingredients Food Safety Experts Never Order At A Restaurant” *HuffPost*. July 13, 2023. [Link](#)
“The Simple Vinegar Hack You Should Follow To Fix Slimy Okra” *Daily Meal*. July 7, 2023. [Link](#)
“Everything You’ve Ever Wanted To Know About Polenta & How to Cook It, According to Chefs” *Parade*. June 20, 2023. [Link](#)
“What Exactly Is Ghee? We Asked 3 Chefs How They Use the South Asian Ingredient” *Parade*. June 14, 2023. [Link](#)
“Kanye West Served Sushi Off Naked Women At His 46th Birthday Party & Fans Are *Not* Happy” *Delish*. June 13, 2023. [Link](#)
“Reaching For Those Leftover Slices In The Fridge? Here’s How Long Pizza Really Lasts According To Food Experts” *Parade*. May 31, 2023. [Link](#)
“Does Peanut Butter Go Bad? How to Spot a Spoiled Jar” *Eat This, Not That!* May 27, 2023. [Link](#)
“Bet You Didn’t Know You Were Eating Leftover Rice Wrong” *Parade*. May 25, 2023. [Link](#)
“Can You Freeze Milk? The Answer Might Surprise You” *Parade*. May 23, 2023. [Link](#)
“Just How Safe Is Tin Foil In An Air Fryer Really? Here’s What the Food Experts Have to Say” *Parade*. May 19, 2023. [Link](#)
“How Long Every Type of Condiment Lasts After You Open It” *Martha Stewart*. May 9, 2023. [Link](#)
“How To Quickly Defrost a Block of Ground Beef in 30 Minutes When You Have Hungry Guests on the Way” *Parade*. May 8, 2023. [Link](#)
“Hair, bugs, mold – the shocking truth behind what’s inside your favorite foods” *New York Post*. April 28, 2023. [Link](#)
“What Is 3D-Printed Meat? *Built In*. April 19, 2023. [Link](#)
“Drug-resistant bacteria found in 40% of supermarket meat samples” *Medical News Today*. April 18, 2023. [Link](#)
“The Right Way to Freeze Every Type of Cheese, According to Culinary Experts” *Parade*. April 18, 2023. [Link](#)
“What Is 3D-Printed Food? How Does It Work?” *Built In*. April 6, 2023. [Link](#)
“14 Best Fast-Food Chicken Sandwiches in America” *Eat This, Not That!* April 6, 2023. [Link](#)
“Should You Reuse Takeout Containers From Restaurants?” *Martha Stewart*. March 29, 2023. [Link](#)
“How to Tell If Food Has Gone Bad – and What Expiration Dates Actually Mean, According to Food Scientists” *Martha Stewart*. March 24, 2023. [Link](#)
“Does bottled water go bad? When it’s safe to drink expired water and what to do with a contaminated bottle” *Business Insider*. March 23, 2023. [Link](#)
“This Is How Long You Can Store Chicken in the Freezer” *Eat This, Not That!* March 17, 2023. [Link](#)

“How Long Does Canned Food Last?” *Yahoo! Lifestyle*. March 16, 2023. [Link](#)

“Most Americans Don’t Know What ‘Ultra-Processed’ Foods Are-Do You?” *Health*. March 15, 2023. [Link](#)

“6 Common Food Storage Mistakes to Avoid, According to Food Scientists” *Yahoo! Lifestyle*. March 12, 2023. [Link](#)

“8 Foods You Should Never Try To Cook In A Cast Iron Skillet” *Huffington Post*. March 7, 2023. [Link](#)

“7 Potential Health Benefits of Cabbage” *Everyday Health*. February 7, 2023. [Link](#)

“Is It Safe to Eat Oranges in the Shower? We Fact-Checked TikTok’s Latest Trend” *POPSUGAR*. February 6, 2023. [Link](#)

“Wondering if That Cooked Bacon in the Fridge Is Fine for Brunch? Here Are the Spoiled Bacon Signs To Look For” *Parade*. February 3, 2023. [Link](#)

“Forget Cows and Almonds – Lab-Grown Dairy Is The Future of Milk” *The Daily Beast*. February 1, 2023. [Link](#)

“Making Hamburgers for Dinner? Here’s How To Tell if Your Ground Beef Is Bad Before You Eat It” *Parade*. January 31, 2023. [Link](#)

2022

“Do You Really Need To Skim Your Soup? Experts Explain This Mysterious Step” *Huffington Post*. December 30, 2022. [Link](#)

“Can you stuff a turkey? Science reveals how to prep this ancient holiday meal” *Inverse*. November 2, 2022. [Link](#)

“Grocery Retailers And The Food Market: Trends And Future Prospects” *Forbes*. July 31, 2022. [Link](#)

“Why Do Some People Think Cilantro Tastes Like Soap?” *Martha Stewart*. June 13, 2022. [Link](#)

“Can You Drink Day-Old Coffee?” *Home Cook World*. June 10, 2022. [Link](#)

“Yeast Extracts Are The Secret to Umami.” *Paste Magazine*. June 10, 2022. [Link](#)

“Plant-Based: What’s Next?” *Supermarket Perimeter*. May 24, 2022. [Link](#)

“Alt Seafood Poised to Make a Big Splash.” *The Food Institute*. May 2, 2022. [Link](#)

“Do Cooking Oil Smoke Points Really Matter? Experts Break It Down.” *mindbodygreen*. April 8, 2022. [Link](#)

“Food Scientists on the Best Coffee-Bagel Pairings.” *MEL Magazine*. March 1, 2022. [Link](#)

“Reborn Coffee IPO Prospectus Makes Magnetised Water Claim.” *Capital.com*. January 6, 2022. [Link](#)

2021

“How Rare Cannabinoids Are Making Their Way Into Edibles.” *Food Safety and Quality*. September 30, 2021. [Link](#)

“The right way to freeze avocados to avoid browning, and the best ways to use them.” *Insider*. September 24, 2021. [Link](#)

“Popular Costco Foods That Help Fight Inflammation, Says Experts.” *Eat This, Not That!* September 4, 2021. [Link](#)

“Why Do People Put Rice in Salt Shakers?” *Hunker*. August 24, 2021. [Link](#)

“Developing Food Testing Techniques To Combat Emerging Contaminants.” *Technology Networks*. July 2, 2021. [Link](#)

“Book Publication: 150 Food Science Questions Answered.” *Kolabtree Blog*. July 1, 2021. [Link](#)

“An Interview with Bryan Quoc Le – Author of ‘150 Food Science Questions Answered’.” *Food Crumbles*. June 29, 2021. [Link](#)

“What is the science behind why coffee can affect your productivity?” *Hugo Coffee Roasters*. May 27, 2021. [Link](#)

“Everything you wanted to know about food poisoning but were too busy puking to ask.” *Salon*. May 16, 2021. [Link](#)

“Collagen vs Gelatin: What’s the Difference.” *GelPro Australia*. March 28, 2021. [Link](#)

“Scientists Debunk a Long-Held Theory About Oysters, Chocolate, Honey, and Spanish Fly.” *Inverse*. April 17, 2021. [Link](#)

“How to Find Your Niche as a Professional Service Provider.” *Profi Blog*. April 7, 2021. [Link](#)

“Singapore Turns To Cultured Meat To Boost Its Food Security.” *Life and Thyme*. February 26, 2021. [Link](#)

“Beef: The True Cost.” *Zero Waste Lifestyle*. February 26, 2021. [Link](#)

“Texas Storm Could Impact Food Supply in the Near Future.” *Food Quality and Safety*. February 25, 2021. [Link](#)

“Salt: Everything You Didn’t Already Know.” *Health Digest*. February 23, 2021. [Link](#)

“How the Pros Make Meat Taste Better and Last Longer.” *Allrecipes*. February 9, 2021. [Link](#)

“The Worst Coffee Habit You Need to Quit Right Now.” *Eat This, Not That!* January 30, 2021. [Link](#)

2020

“The truth about artificial vanilla (and why you should always splurge for pure). *Matador Network*. February 25, 2020. [Link](#)

Professional Activities & Service

Workshops, Certifications, and Trainings

Good Manufacturing Practices Part 117, Cornell University, 2021

Communicating Science Conference (ComSciCon) Flagship Workshop, Harvard University, 2018

AAAS Communicating Science and Public Engagement Fundamentals, Institute of Food Technologists, 2018

Morgridge Entrepreneurial Bootcamp (MEB), University of Wisconsin, Madison, 2016

Professional Memberships

Institute of Food Technologists

Ronin Institute for Independent Scholarship

Mycelium Gastronomy

Community Service

Startup Mentor, Co-Motion Labs, University of Washington, 2023 – Present

Domain Expert, Carbon13 Venture Builder, 2022 – Present

Reddit r/FoodScience Subreddit Moderator, 2020 – Present

Vice President of Digital and Social Media, Institute of Food Technologists Student Association, 2019 – 2020

Board Member, Institute of Food Technologists Student Association, 2019 – 2020

Science Meets Food Blog Editor, Institute of Food Technologists Student Association, 2018 – 2019

Science Meets Food Blog Writer, Institute of Food Technologists Student Association, 2017 – 2018