

The Zest S12E7

Jessica: [00:00:00] I always say to anyone joining the team that you got here for a variety of reasons you got here for your skill, your football knowledge, your character, your work ethic, et cetera. Um, but I like to send the message that one of the quickest things that could take you off the field away from me playing time would be inadequate, fueling, or hydration.

Dalia: I'm Dalia Colon and this is The Zest: citrus, seafood, Spanish flavor, and Southern Charm. The Zest celebrates cuisine and community in the Sunshine State. Today we're celebrating food, fun and football.

Ever wonder what fuels NFL athletes between the practices, the plays, and all those plane rides to away games? This week we're diving into the delicious side of football with Jessica Pastuf. She's Director of Performance Nutrition for the Tampa Bay Buccaneers. From made to order Belgian waffles to spaghetti and meatballs as a snack.

Can you imagine? Jessica works with the team's culinary department to fuel and hydrate each player [00:01:00] according to his individual needs, which sometimes top out at out upwards of get this 8,000 calories a day. Back in August, we visited Jessica at the Bucs headquarters during a day off from training camp.

In this conversation, she shares what she loves about. Her job and dishes on what a player might eat in a day. Spoiler alert, it's a lot. She also answers your social media questions like, what are some snack ideas for us? Mere mortals, is pickle juice a reliable remedy for cramps? And how much protein do we actually need?

Here's our conversation with Jessica Pastuf

Jessica: every day is. Different but the same. So the NFL schedule follows a very routine schedule from week to week and from day to day on certain days of the week. So when we're playing a Sunday game, every Monday from week to week, looks the same, every [00:02:00] Tuesday will look the same Wednesday, et cetera, so forth.

But from day to day, it's very different. So on a practice day, my role really looks like helping to ensure the players. Are hydrating appropriately going into

practice, are getting in the meals and that they should be. And then on the field, helping them to provide fuel that they need to sustain the practice.

And then hydration throughout the practice as well. On off days, we're checking in on players to help with recovery from games if injuries pop up, help to provide nutrition to um, help them recover a little bit fast. And then doing some planning for the week ahead with our travel or home meals, um, at the stadium as as needed.

Dalia: So talk to me about crafting an individual player's diet, like in a, in another universe, if I'm an NFL player, where do you start?

Jessica: When we start with a player, it's really on a foundation of getting to know them as an individual. Um, so we'll start with simple questions of what goals do you have? What has worked with you in the past?

If they're a veteran player coming in, what do you wanna work on to try it again? Get to know them. Get to know what they need from us, [00:03:00] and help craft that plan, like you said, to meet them as an individual. When we have new players come to the team, I'll conduct a nutrition assessment, so we'll go through their typical dietary habits.

We'll go through any allergies, medical needs, medical history. We'll do body composition assessment so we get an indication of their level of muscle mass. Um, body fat is indicated if they have goals for improving body composition or if they need to make a change in body composition to better suit their position.

Oftentimes when we get college players coming in, um, as new draft picks or, or additions to the team, we may be working on helping them adjust. Body composition to fit kind of their role as it might look like now with the Bucks versus how they played in college. Um, so anyways, taking all that information together and then really identifying like what's the biggest goal that they have that we can then help them adapt to.

Sometimes that's very specific meal plans. Sometimes it's helping them choose the best pre-practice fuel. Sometimes it might be encompass. Helping them find a chef so that they can be working on all of their, um, meals at home [00:04:00] and outside the facility too. Okay.

Dalia: You mentioned that you start by taking an assessment of what they currently eat.

What does that typically look like for maybe a rookie coming in, and then how far do you have to like move them to where you and they want to be.

Jessica: Yeah, so again, it's, it's very different from player to player and we've seen it be different from a region of the country that they're coming from, or type of school that they're coming from.

And so we try to keep really open-minded and again, meet the player where they're at. So some players come in with very routine habits from college, and other players are really trying to get that footwork as they're now entering the league. Um, so it might look like just really refining again. Maybe just the recovery post practice meal for them now that they're in an NFL schedule.

Um, or others. We might start really fundamental education of what is a carbohydrate and what does it do for your body, how much protein do you need and how should you get it throughout the day? Um, so it's really across the board. Um, and I would say that kind of applies to all the players that we're working with.

Again, just kind of meeting 'em where they're at. [00:05:00]

Dalia: Okay. Imagine that's tough because in your twenties you can kind of like. Eat whatever you want, especially if you're working out for your job. Mm-hmm. So do you find that some of them have maybe some bad habits that as they get older they can't get away with anymore?

Jessica: Yeah, I think that's a common perception on our players for sure. And I think that something that we deal with on a varying basis. And I, I always say to anyone joining the team that you got here for a variety of reasons you got here for your skill, your football knowledge, your character, your work ethic, et cetera.

But I like to send the message that one of the quickest things that could take you off the field or away from replaying time would be inadequate fueling or hydration. And so we like to send that message of availability and how can we help you optimize your performance on the field? So. While some of them may not have the most ideal habits coming in, again, we're trying to find one step forward in the right direction and help that tie them to their performance and longevity in the league.

Dalia: How do you handle pushback? Do you get much pushback? I'm from Louisiana [00:06:00] and I've gotta have my gumbo. I'm from Philadelphia, I gotta have my cheese steaks, that kind of thing.

Jessica: Yeah, absolutely. I'm a big foodie myself. Um, love to have the food that the guys want in the building and. Again, just try to meet them where they're at and, and try to find that balance of, we need to be happy humans.

We're in this building seven days a week for hopefully six plus months outta the year. And, and food's a huge part of our life. So while there may be individual pushback that comes, we try to really get to know the guys, get to know the food that they like, uh, but also be real. Stick with them, that they might really like a certain dish that their mom or aunt or whoever might make, but we are not their mom, aunt or whoever.

And so it's probably not gonna be quite as good. Um, and then also reminding them that we try to be very intentional with the meals that we're serving. Um, I frequently get the request to have Shake Shack after every meal or a burger place or whatever. And while that makes people happy, it's easy on my end to cater, have to be realistic with them that like.

This isn't what we're really here for. We like to have things that make us happy and that tastes good. Well, I try to have that [00:07:00] all the time, but you know, there's certain items that it can be fun to throw in the mix, but we can't do that all the time. So it's not helping us reach the ultimate goal of enhancing health performance and, and wins on the field.

Usually our guys are are pretty receptive to that 'cause they know that at the end of the day, um, we're all just here to help them get better.

Dalia: Do they sneak around behind your back? And I actually told some people on social media that'll be speaking with you and. Autumn wanted to know how soon can you tell if a player is off his diet?

Jessica: Oh, well, we do regular weight checks, and so that can often be an early indicator that something has changed. We try to do weight checks from a perspective of. Kind of balance of their habits truly. Um, with the indication that, you know, if weight has gone up, maybe it's a result of, you know, we're late in the season, we have a veteran player who just isn't practicing as much, and so their activity has changed.

And so we help to, we use that indicator as a way to show like, well, maybe we should make some adjustments in diet because we know you're not practicing as [00:08:00] intense throughout the week as compared to maybe in training camp. Um, on the opposite end, if we show up and do a weight check and the weight is low, maybe the player fell asleep early and didn't.

Eat the full meal the night before, or maybe, you know, nerves kicked in and they're not eating as well. So really, in terms of anticipating changes in diet, we try to approach it from a standpoint of how are we helping this player prepare consistently and helping to quickly identify inconsistencies, help get that player back on track with the mindset of, again.

Focus on that performance, health and um, success on the field on Sunday.

Dalia: Okay. So gimme a rundown of like the various positions and what dietary requirements they might have. Do they have different caloric requirements depending on the position?

Jessica: Yeah. So we think about, um, the Lyman who are going to have shorter distance, but maybe higher power outputs in their position versus receivers.

And then our kind of defensive back. So we're gonna have, uh, what I would call like a higher metabolic [00:09:00] load where they're doing more of the sprinting speed work. Um, and so the way that we might help them recover or consider their types of calories that they're bringing in is gonna be a little bit different.

Um, our receivers. And DB is doing the sprinting and kind of distance work are gonna need a higher percentage of carbohydrates to fuel that high intensity work, um, distance work I should say. Whereas our linemen, we're really focusing on more kind of that contact muscle damage. And so we're gonna be pushing a little bit more protein, some healthy fats, et cetera.

And the composition of their meals. Do they eat together? So our, our meal room is open, um, to the whole team for a period of time, pre post practice or for every, any meal. A lot of times you'll see the physician groups eat together, but, um, sometimes it's all, it's all mixed up and they're, you know, enjoying just each other's teammates and company on the field or Oh wow.

In the meal room because I don't wanna eat next to somebody who's allowed to have more carbs. Then I can have, oh, well certainly limit kind of the policing of it and, and just encourage kind of habits more so than [00:10:00] watching

over their back and, and whatnot. So we try to approach kind of meal plate building from a holistic standpoint and, and try to encourage composition rather than specific amounts and, and whatnot.

Okay.

Dalia: So, so give me a takeaway for the rest of us. Mere mortals, you know, what would a, a good composition be for a linebacker versus me a minivan mom?

Jessica: Yeah, I would say the, the biggest thing that you would see in the difference of a football player versus, um, kinda a non-athlete or, or even just an active individual, is that the amount of times that we'd recommend that they eat a day.

So my rule of thumb is that we should have a meal or a snack every three hours. Um, to keep calorie intake up, to keep good protein consumption going to support lean muscle mass. And so yeah, that really comes into, you know, we're eating breakfast, we're having a pre-practice snack, we're having post practice recovery, we're having lunch, afternoon snack, dinner, sometimes at night before bed snack.

So again, that. Every three hours is kind of my rule thumb. I often will give the example of washing dishes. So when you're washing dishes with soap [00:11:00] and sponge about every couple of dishes, you're adding a little more soap to your sponge. I use that example for athletes with protein intake because their bodies don't store protein, so every couple hours you need to give the muscles another little dose of protein to keep your muscles active and and recovering and build them back up.

Dalia: Oh, okay. The three hours is for the football players or for us?

Jessica: Well, all humans could probably benefit from regular protein consumption, but especially for these humans who go through a lot of muscle recovery needs, we're really pushing that about every three hours.

Dalia: Okay. 'cause as you're talking, I'm like, I think I'm doing that now, which is great.

I don't know. What are some of your favorite protein?

Jessica: Oh, I'm a big seafood person, so here in Florida we have great access to seafood. So I would say that that's one of my favorites for sure.

Dalia: Okay. And Jane on Facebook asks how much protein do we actually need? How do we calculate that?

Jessica: Yeah, so the standard recommendations are most of the time you're seeing weight based recommendation.

So it's gonna be 0.8 grams per kilogram, all the way up to 2.25 under times of [00:12:00] great distress. So that could be surgery, that could be a big need to put on a lot of muscle mass. Um, the average person I would say is probably the needs are gonna be closer to 1.5 grams per kilogram. Um, when we talk about protein consumption, we wanna be hitting a range of 20 to 60 grams of protein at a time.

Much more than that. The body has a hard time kind of processing it, and again, you don't really see. Store excess protein like you would fat or carbohydrates in the diet. Um, so that's where that frequent consumption comes into play. If we want a dosage coming in regularly rather than a huge amount at once.

Dalia: Okay. So first I need to figure out how many kilograms I weigh. Right? Right. That's a good point. So, okay. Can you talk me through a day of eating? I just love, you know, the celebrity magazines when they do like I eat in a day or you're in front of somebody in the grocery store and you like see what's on the conveyor belt.

Can you talk me through, and I know you probably can't name names, but just. You know, average Joe football player morning to night, what they would eat.

Jessica: Sure. Um, lemme think of a couple examples here right now in [00:13:00] camp, um, this is probably gonna sound funny 'cause you might not think a football player would have a hard time eating with appetite.

However, um, we're on the field at eight 30 in the morning, so it's pretty early and the heat is quite extreme this time of year. So there's um, hesitancy to eat a lot in the mornings. So we try to focus on very carbohydrate dense foods. A lot of our players right now are. Are having like Belgium waffles or pancakes made to order.

Topped with a little bit of maple syrup, some fruit, maybe a scuba scrambled eggs, or like a Greek yogurt for a little bit of protein to get in there. We do fresh

cut fruit and like some carbohydrate chews on the way out to the fields. I might grab a cup of that. On the field, we're pushing lots of fluids, sodium, and carbohydrate.

So we're getting a good mix of water, Gatorade and some other electrolyte enhancers on the field come off. And the majority of our guys will do a recovery smoothie. Well, whether that is to help replenish calories, get protein recovery in, or maybe just more of the antioxidant sort of fruit and, and things that would go in a smoothie for recovery sometime within an hour coming off the field.

So [00:14:00] let's call that 1130 or 12. We're getting a lunch meal in. Our players who have to, um, lift in the afternoon might come back for kind of a second mini lunch after that lift. So call it about 2:00 PM and the afternoons we'll have, uh, the players will be in meetings, so we'll do a snack. Um, so that might look like a Turkey club sandwich or a possible some.

Spaghetti and, and meat sauce in it. Wait, that's the snack? Mm-hmm. Wow. And then they'll go out for a walkthrough and come back in. We'll have dinner, which is gonna be a, you know, variety of menu options. But usually we're gonna have a, a rice, potato or Pastuf, a chicken beef or a fish option. Um, so you know, it just a, a regular dinner meal.

And then before bed just. Snack is gonna vary from a PBJ and a milk to a Chipotle burrito and a protein shake depending on the player and, and their calorie needs.

Dalia: OMG. Okay? Mm-hmm. So how many calories would that be?

Jessica: Yeah, I would say it. You know, that's always a huge question that people will ask, but I would, if I had to pick a number to say or give a range for, that would meet the [00:15:00] needs of the majority of our players.

We're looking at around four to 6,000 calories. Upwards. Some of them probably 8,000 or more. Uh, but I would say the average player is gonna need to be hitting four to 5,000 calories right now. Unbelievable.

Dalia: Okay. Lilia did wanna know, you mentioned a snack being like a Turkey sandwich or a bowl of spaghetti, but she wanted to know if you had [00:16:00] any, you know, healthy. Snack recommendations for the rest of us?

Jessica: Like what are you snacking on? Yeah, one of my, yeah, my go-to is always Greek yogurt and berries. We have a little prebiotic probiotic in, get a little bit of carbohydrate, have some fiber, some good healthy protein.

So yogurt and berries is a good go-to. We, we do a lot of kind of Turkey and cheddar roll-ups or small, um, protein. Snacks. Um, but always wanting to pair a carbohydrate and a protein, so a PBJ and a milk, although higher calorie, that's a, that's a great snack option as well.

Dalia: Classic. Do the meals change the closer you get to game day?

Are you, are you like carb loading on a Saturday or something like that?

Jessica: Yeah, so pre-practice and then leading up to game meals, we're looking to get definitely higher carbohydrate content in, and then lean protein. So we wanna minimize fat coming in as close as we get closer to, uh, performance. We'll also minimize fiber to an extent.

So you're not gonna see a lot of beans or fibrous vegetables leading into a game. And then we're also gonna minimize spicy or like adverse seasonings. Um, so we want it to be [00:17:00] pretty approachable, pretty simple. We don't want hot sauces and, um, creamy, high fat sauces coming in on the food with the guys as they're leading in for a practice or a game.

And who is making all of this? Food. Sure. We have an in-house culinary staff, um, that will be preparing the food and I work really closely with our chef to look at, um, menu preparation periodization, as well as food ordering and, and the types of products that we're bringing in-house for the guys.

Dalia: Okay, awesome.

And we did interview the previous chef, uh, Tracy Hartman a few years ago. We had her on the podcast, so that was really interesting. Okay. Another question Mark wants to know, what about when you're on the road, do you travel with the team? And then how do you. Of keep an eye on what they're eating when maybe you're not around.

Jessica: Yeah, so I, I do travel with the team. I'm really fortunate to have a full staff of dieticians with me. So I have, um, full-time dietician on staff with me that will travel in advance of the game. So he will, for Sunday game, we'll head out to the away city Thursday night or Friday morning. Um, we send our

standard menus in advance for the hotel to prepare for night before and day of game meals.[00:18:00]

And, um, assistant dietician will then meet with the hotel culinary staff. Um, we'll get eyes on products and make sure the food is being prepared the way we're requesting it. Um, we set a pretty standard menu from week to week to ensure consistency, um, is available for the players at the hotel so they know what to expect and they know it's gonna be food that they're familiar with.

And then in terms of when they're not on team schedule, which is pretty minimal amount of time. When they're on the road. Um, again, it comes back to education and, and entrusting the players that they're making the choices to help their performance as much as possible.

Dalia: Okay. Ernest wants to know if any vegans are on the team or any other special diets

Jessica: at the moment?

No. We have and have had pescatarian, gluten and dairy free, you know, or is managing allergies on an individual basis, but at the time, no specific vegan or vegetarian athletes.

Dalia: Okay. He also wanted to know if pickle juice reduces cramps. I, I wanna know that too actually.

Jessica: Yeah, so we use pickle juice. It has sodium in it, which helps to enhance [00:19:00] hydration, but then it also has acetic acid, which can help to minimize kind of the nerve reaction to a muscle cramp.

Dalia: Fascinating. Okay. Are there any misconceptions about your job that you want to clear up?

Jessica: I think one of the biggest ones that will come up is people will assume that every player is on a strict meal plan and can sometimes get the feel of like, I'm the food police. I would just reiterate that, you know, we work with our players on a very individual level and we help them to achieve the goals that are important to them.

Um, we help to create an environment where they're surrounded by good options, um, but in the day they're, they're free living. Humans can make choices and we just have to support and encourage the best we can.

Dalia: And you said that you will sometimes connect them with a personal chef if they're here and eating all their meals here. Well, what do they need the chef for?

Jessica: Yeah. This time of year we have a lot of meals in house. But as off seasons come up, or when we get into a weekly schedule and they have player off days, you know they have dinners on their own and if they're not traveling with the team, they might want food on the weekend when we're not in the [00:20:00] facility.

So it is not a lot of meals outside the facility. We do prepare a lot, but for the time that they're away, we'll help with that if needed. Okay. What's the hardest part of your job? Ooh. Hardest part of my job. I would say a mix between planning flight meals. Flight meals are hard. Food on a plane is hard.

And then, yeah, this time of year when there's 90 guys and it's a hundred degrees hydration's hard to keep up with.

Dalia: Oh, I bet. Yeah. We're recording this in August. It's. Say more about the flight meals.

Jessica: So we, um, we do a meal as the guys board the flight that will cater and then in flight, just like you would see on like an international flight, we do, um, meal service for our longer flights.

But a lot of things to consider with a flight meal on a flight is to name a few food that will reheat well. Um, so of course food prepared on a flight is, is a heated in oven. So you have to consider what's gonna reheat well and hold the smell of the food 'cause it's enclosed space. We wanna limit. Smelly food items.

So I would not do a whole lot of seafood or Brussels sprouts or things that might be a little smelly. Um, [00:21:00] and then just considering kind of the location we're going to and if there's local food and you know, the time of the flight at times. We're flying home at midnight, one o'clock in the morning, so what do you really want to eat that late at night after a game?

So yeah, planning food is challenging.

Dalia: What reheats? Well, because you're talking about taking a bunch of like world class athletes to. Destination to perform. But I'm thinking about when I get home at 9:00 PM and you know, we're tired and we have homework and

soccer and all that, and I'm like, Ooh, what's gonna reheat well and that kind of thing.

Yeah. So, so what are your go-tos?

Jessica: A lot of times it's gonna be pasta, like casserole dishes. So like a lasagna style or an enchilada style, uh, meatloaf and mashed potato kind of. So something that's gonna be hardy, uh, approachable to eat, especially after a game if, um, a guy's got low appetite or, you know, just kind of tired, but needs some calories, and again, we'll reheat well, and hopefully limit the, the smell on the plane.

Dalia: Oh my gosh. Yeah. My mind went straight to lasagna. All right, one last question from a fan and then I wanna ask you about yourself. Chef Justin Timinieri. He's the, uh, executive chef of Fresh from [00:22:00] Florida in Tallahassee, and he wanted to know if you use any Florida grown produce or maybe where you. Source your ingredients?

Jessica: Yeah, we have, um, several local vendors that we use. Um, so yeah, as much local as we can, we will, we will get. Nice.

Dalia: All right. I wanna ask you, how did you get into this? Somebody listening wants your job.

Jessica: Yeah, yeah. It's very unique. Um, as I started school. Really the thought to get into nutrition came from loving food myself and then just loving being active.

And so I remember in high school kind of Googling jobs that had to do with activity and food and dietician came up and I had this concept of a sports dietician, but at the time it was still relatively new. Um, so I kind of went through college thinking, let me become a dietician. We'll see what opportunities exist.

Um, as I progressed through school, you know, I got a little bit exposure to athletics. Ended up in a, um, grad school program at the University of Utah where I was able to intern with Utah Athletics. Through some connections there, I met the, um, chef with the Utah Jazz, who was also their team dietician. So I got really [00:23:00] unique exposure to both the culinary side and the team, um, dietician side of things and, and absolutely love the professional sports setting.

COVID. Happened and everything kind of shut down so that, for that initial stay at home period, um, my dad was living in the Tampa area, so I came down to visit and while I was with him, thought, you know, if I end up living in Tampa, who could I connect with? Um, so reached out to the Buccaneers, ended up being offered an internship with the team and had been fortunate enough to be with the team and progressing through roles ever since.

Dalia: Ooh, I love that. Yeah. Yes, I love initiative. So where are you from originally?

Jessica: I'm from upstate New York.

Dalia: Okay. So what'd you grow up eating? Probably a lot of casserole.

Jessica: Yeah. A lot of casserole. Yep. That reheat well. Yep. Yes, absolutely.

Dalia: Oh, that's amazing.

Okay. Um, what do you love about this job? Are you an athlete?

Jessica: I like to be active. Um, like to be in the weight room every morning, but I would not call myself an athlete anymore. You know, play sports through high school. Cool. But yeah, what I love about the job is just the team environment. It's so unique. You know, you see how hard the athletes are [00:24:00] working and you just want to give them everything that you can to, to support that effort and initiative.

Um, I think the comradery of the team and, you know, being a part of both the successes, but then overcoming the challenges is just. It's so unique and, um, again, really motivating from a support staff standpoint to, to try to help the athletes with anything that they need to be successful.

Dalia: Yeah, that's pretty cool.

You're the woman behind the men. Yeah. Because they couldn't do it without you. Yeah. That's pretty amazing. Yeah. All right, last question. You said it's okay to have some treats once in a while, so what's your favorite? Stadium food. Guilty pleasure.

Jessica: Oh, I love a good pizza and I love a good burger for sure.

And then the team has a tradition to have an ice cream station night before games. So we love a little scoop of ice cream and a cookie when we're on the road for sure. At the hotel.

Dalia: Oh, fun. Oh, this was so much fun. Anything else we didn't touch on that you think people wanna know about your job? What didn't I ask you that I should have asked?

Jessica: Hmm. I think a fun fact that especially relative to the time that we're in now, is just, um, [00:25:00] hydration. So it's not uncommon for us to see guys lose anywhere from eight to 12 pounds in a practice of sweat. Whoa. Copious amounts of sodium. And so, yeah. Something that I take a lot of pride in is hydration management, and it's a big part of my job this time of year.

So yeah, we have to be very strategic with how we administer that amount of fluids and sodium back to the players because it is a lot. And if it's. Done wrong or in, you know, too much at once, it can cause some pretty significant GI distress with the amount of sodium and and water that they're losing. So yeah, it's a big part of the job right now and I think it's something that you probably would never know that a player would lose that much in a practice otherwise.

Dalia: That is wild. And I don't know if this is appropriate, but I'm like, I would have to pee in the middle of the game.

Jessica: Oh, well, yeah. They're usually losing so much that the amount that they're drinking isn't. Causing them to, to go to the bathroom in the moment, but sometimes that happens. Yeah. Yeah.

Dalia: Okay. So how much, what about the rest of us?

I, I'm not playing in a football game, but even walking from like, my car into this building. Yeah. Maybe I lost half a pound.

Jessica: [00:26:00] Yeah. This time year you could, um, standard hydration recommendations are gonna be half your weight and fluid ounces per day. Plus if you're an active individual, um, accounting for some, some, uh, fluid losses in sweat.

So typical recommendation is gonna be 24 fluid ounces for every pound lost in sweat. If you were to weigh yourself. Uh, before and after activity. So should I be putting salt in my water or like electrolyte packets? If you're active in, um,

Florida this time of year, I would definitely recommend some additional sodium and carbohydrates.

Dalia: Okay. I need that.

Well, this is fascinating. I'm gonna be thinking of you the next game I watch. Awesome. Thank you so much. Thank you Jessica. Pastuf is Director of Performance Nutrition for the Tampa Bay Buccaneers, and you can see a photo of us with Jessica on the Bucs Practice Field. Just head to Facebook or Instagram at The Zest Podcast. I'm Dalia Colon. I produce the Zest with Andrew Lucas and Alexandria Ebron. The Zest is a production of WUSF copyright 2025, part of the NPR [00:27:00] network.