

Bryan Quoc Le, Ph.D.

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Education

Ph.D., Food Science, 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

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

Experience

Faculty Research Fellow, College of Natural Sciences, Pacific Lutheran University, 2023 – Present

Domain Expert, Carbon13, 2022 – Present

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

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

Clients: Lactalis, Blue Diamond, Valrhona, Tres Agaves, The Good Food Institute (Y Combinator, S18), TurtleTree (\$30 Million, Series A), MiLà (\$22 Million, Series A), Black Sheep Foods (\$12.3 Million, Series A), ZoomEssence (\$2.6 Million, Venture Round), Stratix Labs (\$1.5 Million, Seed Round), Sun Bear Bioworks (\$621K, Pre-Seed Round), High Time Foods (\$345K, Techstars '22), Fumari, Plant Perks, Wilderton, Ample Hills Creamery, Cool Earth Creamery, Silver Hills Bakery, Skinesa, Renude, Tutta Bella

Highly Rated Expert, Kolabtree, 2018 – Present

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

Honors & Awards

Psi Combinator Decentralized Science Accelerator (Inaugural Cohort), 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

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.

Interviews & Presentations

Multimedia

2023

"Episode #121: Interview with Bryan Quoc Le on stepping beyond one's comfort zone. *PhD Career Stories*. April 13, 2023. [Link](#)
"Not Covered Lecture Series: Everything You Never Learned About Food & Flavors. *RAIN Incubator*. April 4, 2023. [Link](#)
"Episode 40: Career talks...From Academia to Consulting" *The Struggling Scientists*. February 21, 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](#)
"Podcast #93 - 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](#)

2021

"An Interview with Dr. Bryan Quoc Le and His Food Science Book" *Leadwire*. December 19, 2021. [Link](#)
"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" *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

2023

- “Drug-resistant bacteria found in 40% of supermarket meat samples” *Medical News Today*. April 18, 2023. [Link](#)
- “What is 3D Printed Food? How Does It Work?” *BuiltIn*. April 18, 2023. [Link](#)
- “Why Are Eggs Refrigerated in the US but Not in Europe?” *The Spruce Eats*. April 12, 2023. [Link](#)
- “8 Foods You Aren’t Refrigerating – but Definitely Should” *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?” *Martha Stewart*. 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” *Martha Stewart*. March 12, 2023. [Link](#)
- “8 Foods You Should Never Try To Cook In A Cast Iron Skillet” *Huffington Post*. March 7, 2023. [Link](#)
- “A Guide to Non-GMO Foods and Where to Find Them” *Livestrong*. March 2, 2023. [Link](#)
- “Hot chocolate and cold oysters: Inside the big, sexy lie of edible aphrodisiacs” *The Independent*. February 13, 2023. [Link](#)
- “Is It Safe to Eat Oranges in the Shower? We Fact-Checked TikTok’s Latest Trend” *PopSugar*. February 6, 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.” *Profit 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](#)

Publications

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.

Other Writing

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](#)

Professional Activities & Service

Workshops, Certifications, and Trainings

Good Manufacturing Practices Part 117, Cornell University, 2021

Communicating Science Conference (ComSciCon) Flagship Workshop, MIT x 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

Moderator, r/FoodScience (+25,000 members), Reddit, 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