

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, Department of Chemistry and School of Medicine, Stanford University, 2012

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

Experience

Lecturer & Course Designer, Unity Environmental University, 2025 – Present

Founder & Principal Food Consultant, Mendocino Food Consulting LLC, 2020 – 2026

Past 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), Allozymes (\$15.4 Million, Series A), 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 Medium Enterprises (SME):**
Sturdy Sauce, 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

Expert Witness

Expert Witness Rebuttal Correspondence Concerning Product Labeling, Treehouse Law LLP, August 2025.

Expert Advisory on Class Action Notification and Demand, Treehouse Law LLP, August 2025.

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

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

Le, B.Q. A nutrient dense bar and a method for manufacturing a nutrient dense bar. 2022, [WO2024062275A1](#).

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](#).

Speaking Engagements, Presentations & Media Interviews

Speaking Engagements

2026

“Stanford’s PhD Pathways 2026 – Entrepreneurship Panel” *Stanford Career Education*. Palo Alto, California. 2:10PM, March 12, 2026. [Link](#)

2025

“The Flavor Matrix” *Independent Documentary by Christopher Brannan and Diana Jo Reichenbach*. August 1, 2025. [Link](#)

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](#)

Presentations & Podcasts

2026

“The Science of Flavor: How Food Really Works | Bryan Quoc Le on Sexy Science Time” *New Solutions Network*, January 29, 2026. [Link](#)

“The Food Scientist Who Thinks Differently | Episode # 296 with Bryan Le” *Spaghetti on The Wall Podcast*, January 6, 2026. [Link](#)

2025

“I Walked 2,000 Miles to Become a Food Scientist – Bryan Quoc Le | Ep 61” *The Iferia Techcast*. October 17, 2025. [Link](#)

“The Science of Food: Preservatives, Sugar, and the Gut Microbiome with Dr. Bryan Quoc Le” *Deep Shallow Dive Podcast*. September 30, 2025. [Link](#)

“Failing forward as a food scientist and food designer w/ Dr. Bryan Quoc Le” *Phantom Electric Ghost*. September 30, 2025. [Link](#)

“Building Your Alt Protein Career: Food science, consulting, and science communication” *The Good Food Institute*. June 23, 2025. [Link](#)

“Cannabis Beverages, Global Palates, and the Gray Zone With Bryan Quoc Le, Ph.D.” *Qredible*. April 25, 2025. [Link](#)

“WS48 He Earned a PhD and Built a Business – All Before Knowing He Had ADHD – with Bryan Quoc Le.” *ADHD Wise Squirrels*. April 22, 2025. [Link](#)

“Umami, Taste and Kitchen Chemistry of food ingredients! Delicious with guest Dr Bryan Le” *Whimsical Wavelengths*. March 31, 2025. [Link](#)

“Innovative Marketing Strategies 2025: SEO, AI, Reddit, and Beyond” *LinkedIn Marketing Podcast*. February 2, 2025. [Link](#)

“What is a Food Scientist and What Do They Do?” *Unboxing Careers*. January 29, 2025. [Link](#)

2024

“The Power of Storytelling in Science: Making Complex Topics Accessible | Bryan Quoc Le | 594” *Leveraging Thought Leadership Podcast*. September 14, 2024. [Link](#)

“Bryan Quoc Le | Sep 4, 2024” *StorySamurai*. September 4, 2024. [Link](#)

“Tea Biz – Sensors and Food Safety” *Tea Biz by Dan Bolton*. May 30, 2024. [Link](#)

“Ep. 28 – Bryan Le (Food Science Consultant)” *Cultivating Careers in Alternative Proteins Podcast*. January 30, 2024. [Link](#)

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](#)

Journalist Interviews & Expert Quotes

2025

“FSMA 204: Pros and cons of using AI for food safety” *Supermarket Perimeter*. November 19, 2025. [Link](#)

“8 Everyday Foods Most Often Faked With Cheap Substitutes – And How to Avoid Them” *Martha Stewart*. October 19, 2025. [Link](#)

“Coffee’s delicious journey from tiny bean to tasty brew” *Popular Science*. October 18, 2025. [Link](#)

“6 Foods You Can Safely Eat Past The Expiration Date, According To Experts” *Delish*. October 9, 2025. [Link](#)

“A Food Scientist Told Us We’re All Washing Our Produce Wrong – He Recommends These OXO Tools, From \$9” *EatingWell*. September 19, 2025. [Link](#)

“How Long Maple Syrup Really Lasts – and the Best Way to Store It” *Martha Stewart*. September 13, 2025. [Link](#)

“This Is the Only Type of Ice You Should Use at Your Next Barbecue” *Reader’s Digest*. August 29, 2025. [Link](#)

“10 Kirkland Items You Should Skip at Costco, According to Experts” *Reader’s Digest*. August 25, 2025. [Link](#)

“The Types Of Ice You Should Use For A Mocktail” *The Takeout*. August 24, 2025. [Link](#)

“Here’s The Best Type Of Ice To Use In Your Water Bottle” *The Takeout*. August 23, 2025. [Link](#)

“Radioactive shrimp at Walmart is par for the course, Louisiana expert says” *KPLC 7 News*. August 22, 2025. [Link](#)

“Does One Moldy Mushroom Ruin The Whole Pack? Experts Weigh In” *Delish*. August 20, 2025. [Link](#)

“Here’s Why Tomato Juice Tastes Better on Planes (And No, You’re Not Imagining It!)” *Reader’s Digest*. August 18, 2025. [Link](#)

“Is Iridescent Beef Normal? Yes, And Here’s Why” *Food Republic*. August 16, 2025. [Link](#)

“This cheap household staple is the key to easily eliminating mold and odors in your fridge with zero effort” *Homes & Gardens*. August 13, 2025. [Link](#)

“This Is Why Corn on the Cob Only Ever Has an Even Number of Rows” *Reader’s Digest*. August 12, 2025. [Link](#)

“183 Pounds of Recalled Honey Affixed With FDA Risk Warning” *NTD News*. August 5, 2025. [Link](#)

“Husband refuses to eat chicken left in hot car for hours, sparking food safety debate” *New York Post*. August 2, 2025. [Link](#)

“Here’s Why Costco Milk Stays Fresh Way Past Its Sell-By Date” *Reader’s Digest*. July 31, 2025. [Link](#)

“6 Common Meal Prep Mistakes That Could Be Making You Sick, According to Food Safety Experts” *Real Simple*. July 31, 2025. [Link](#)

“Check Your Cherries – Expert Explains Why They Could Contain Worms After TikTok Goes Viral” *Prevention*. July 27, 2025. [Link](#)

“How To Eat Pho So You Don’t Look Like A Total Newbie” *The Takeout*. July 24, 2025. [Link](#)

“Clam Juice Is A Terrible Fish Sauce Substitute. Here’s What To Use Instead” *The Takeout*. July 24, 2025. [Link](#)

“Here’s Why Costco’s Ice Cream Is So Good – And Which Brand Is Behind It” *Reader’s Digest*. July 23, 2025. [Link](#)

“Wellness Influencers Swear By Raw Milk – So Why Do Experts Say Never To Drink It?” *HuffPost UK*. July 21, 2025. [Link](#)

“Mom’s unexpected secret chili ingredient leaves millions of TikTok viewers divided: ‘Absolutely not’” *Fox News*. July 17, 2025. [Link](#)

“Here’s Why Grocery Stores Spray Produce with Water (And No, It’s Not Always for Freshness).” *Reader’s Digest*. July 14, 2025. [Link](#)

“Should you keep eggs in the fridge? Short answer: Yes.” *Popular Science*. July 6, 2025. [Link](#)

“The Right Way to Store Parsley So It Stays Fresh for Longer” *Martha Stewart*. July 5, 2025. [Link](#)

“Kraft Heinz removing all artificial dyes from its US products” *NewsNation*. June 18, 2025. [Link](#)

“Kraft Heinz to remove synthetic dyes from US products amid ‘Make America Healthy Again’ pressure” *New York Post*. June 17, 2025. [Link](#)

“Is It Safe To Eat Those Steam-In-Bag Microwavable Foods?” *HuffPost*. June 11, 2025. [Link](#)

“Experts Say You Should NEVER Store These Foods In Plastic Containers – Here’s Why” *Delish*. June 9, 2025. [Link](#)

“Is It Still Safe To Use Plastic Wrap?” *HuffPost*. June 2, 2025. [Link](#)

“This Frozen Laundry Detergent Hack Is Going Viral – But You Should Absolutely Not Do It” *Better Homes & Garden*. June 1, 2025. [Link](#)

“Vietnamese Iced Coffee Calls For Just One Creamy Canned Ingredient” *Food Republic*. May 26, 2025. [Link](#)

“How Pickle Lemonade Took Over The Group Chat” *The New York Times*. May 19, 2025. [Link](#)

“Hiker Goes On Trail, Unprepared for What They Find During Walk: ‘Scared’” *Newsweek*. April 25, 2025. [Link](#)

“Egg prices hit record high in March – despite fewer bird flu outbreaks, lower wholesale costs” *New York Post*. April 10, 2025. [Link](#)

“What Is Soju And What Does It Taste Like?” *Chowhound*. April 5, 2025. [Link](#)

“Can You Reuse Sous Vide Water?” *Chowhound*. March 22, 2025. [Link](#)

“Is Beef Tallow Actually Good for You?” *Time Magazine*. March 19, 2025. [Link](#)

“5 Foods And Drinks To Avoid At The Airport, According To Food Safety Experts” *HuffPost*. March 13, 2025. [Link](#)

“Egg prices start to drop after bird flu shortage caused massive hikes” *New York Post*. March 12, 2025. [Link](#)

“Your Office Microwave Is a Hotspot for Bacteria, According to a Recent Study” *Food & Wine*. March 4, 2025. [Link](#)

“Climate Change Threatens the Future of Food Supply Chains” *Supply Chain Brain*. February 27, 2025. [Link](#)

“Key food expiration dates explained: Sell-by vs best-by vs freeze-by and more” *NBC News*. February 19, 2025. [Link](#)

“Wings rising up while chicken category expands” *Meat+Poultry*. February 14, 2025. [Link](#)

“Is It Safe To Reuse Plastic Grocery Bags? Experts Weigh In” *Southern Living*. February 3, 2025. [Link](#)

“Supermarket products that food safety experts refuse to eat – and why” *Mirror*. January 30, 2025. [Link](#)

“Trump’s Food Tariffs Could Change the American Diet” *Newsweek*. January 10, 2025. [Link](#)

2024

“Food Safety Experts Reveal The 4 Ingredients They Would Never, Ever Order When Out To Eat” *BuzzFeed*. December 24, 2024. [Link](#)

“Why Does Cilantro Taste Like Soap to Some People?” *Martha Stewart*. December 16, 2024. [Link](#)

“A TikToker Found Bugs In Her Flour – Here’s How To Prevent An Infestation, According To An Expert” *Delish*. December 4, 2024. [Link](#)

“Intermittent Fasting May Be Popular, but Experts Still Aren’t Sold” *POPSUGAR*. October 4, 2024. [Link](#)

“Ever Wonder Why Nuts Are So Expensive? Read This Before Your Next Snack.” *HuffPost*. September 10, 2024. [Link](#)

“11 Mistakes Health Experts Say You Should Avoid When Storing Raw Chicken” *Mashed*. September 2, 2024. [Link](#)

“I Asked A Food Scientist About The Five-Second Rule – Here’s The Unsettling Truth” *Delish*. April 30, 2024. [Link](#)

“Are these coffee alternatives worth the hype?” *National Geographic*. August 29, 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 Crisp, 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](#)

“I’m a food safety expert – I always avoid these 4 items at the grocery store” *New York Post*. March 9, 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.” *Profti 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](#)

Honors & Awards

Food Science Consulting Company of the Year – Global Vegan Awards, LUXlife Magazine, 2024
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