

# Crispy Protein



From the book:

## The Compleat Cockroach

### Cockroaches as Animal Chow

When you think of feeding your body some protein, the last thing on your mind is having a nice cockroach. Now, to you and me, cockroaches might not sound appetizing at all, but to animals, they just might.

Dr. Ivan Huver, a biology professor encouraged his students to find out how much of a food resource cockroaches are to domestic animals. So Frances Marks, one of his students, did so.

He took German cockroaches, anesthetized them, ground them up with a bit of water until it formed a soupy texture, and

then freeze-dried the mixture. These were fed to laboratory mice.

Eight days after starting the diet, the mice showed no negative effects. They had only gained weight.

"Cockroaches, which can live on a wide variety of materials and have a high efficiency of food conversion therefore would seem to be an excellent source of food for an animal diet," Marks concluded.

#### Reference

Gordon, David G. "Cockroaches as Animal Chow." *The Compleat Cockroach: A Comprehensive Guide to the Most Despised (and Least Understood) Creature on Earth*. Berkeley, CA: Ten Speed, 1996. N. pag. Print.