

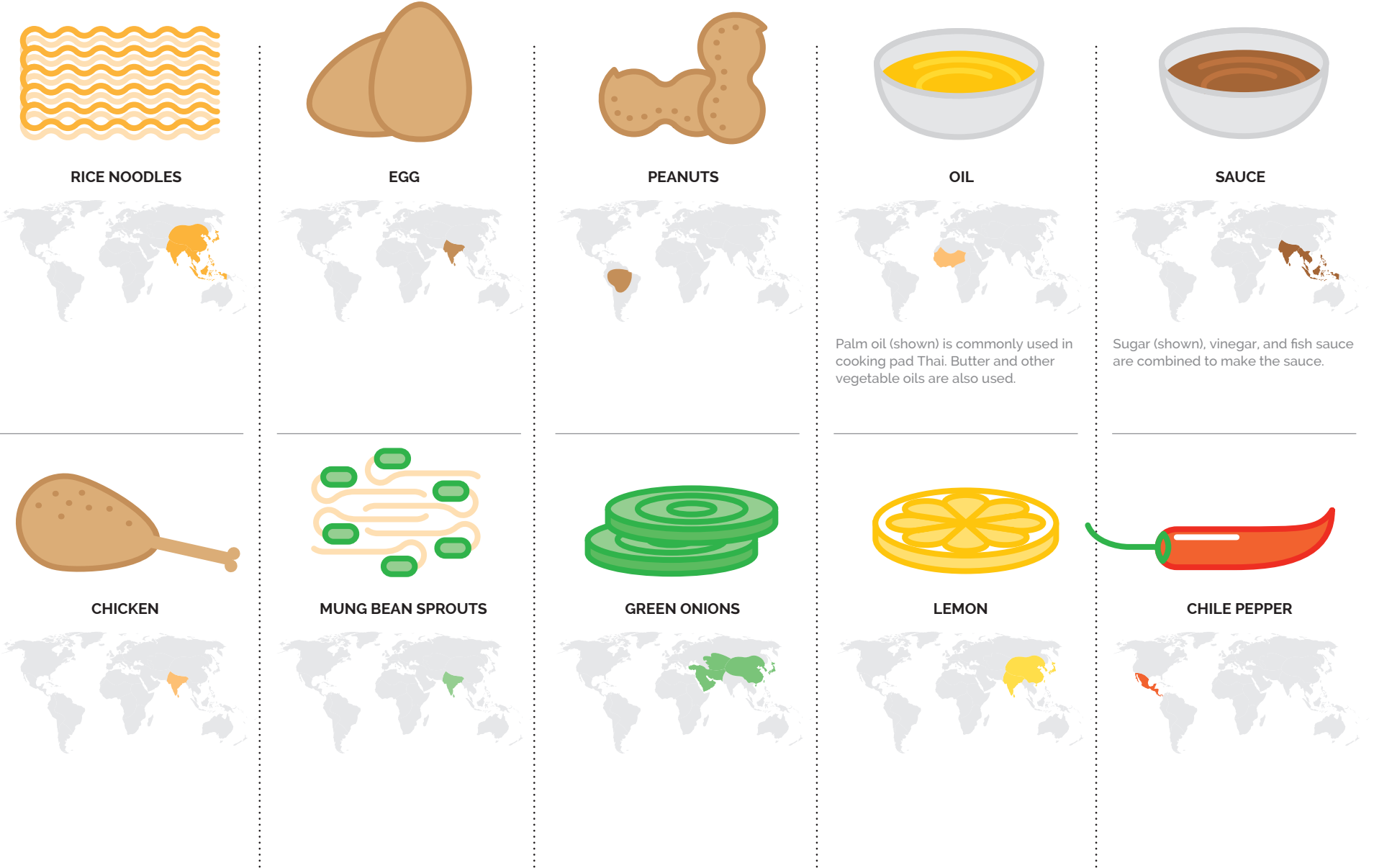
THE ORIGINS OF FOOD

The not so Thai Pad Thai

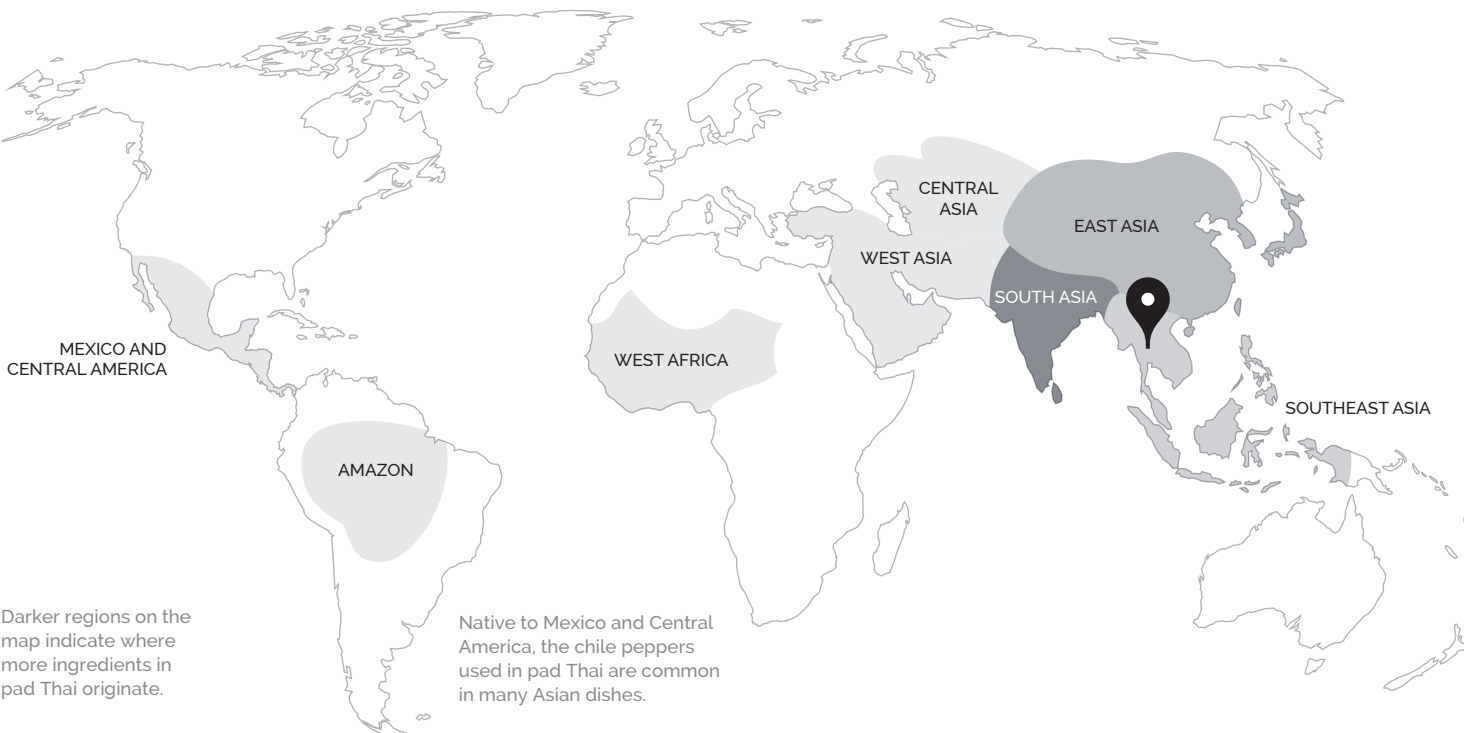
In the late 1930s, the leader of Thailand introduced the dish to his country in an effort to define a national identity and improve nutrition. The Thai government distributed the recipe and encouraged vendors to sell it throughout the country. Ironically, the dish's iconic chiles aren't very tied to Thailand.

Where did each ingredient originate?

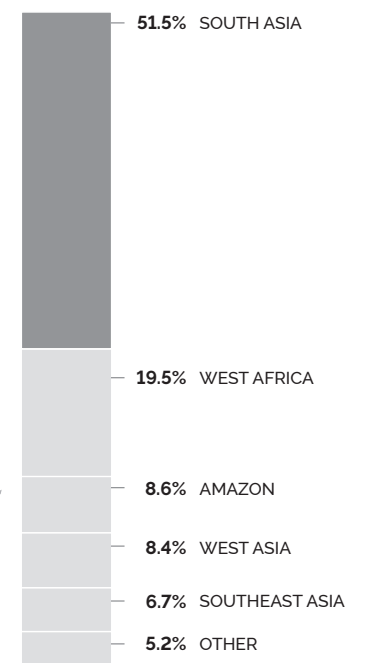
Each map shows the origins of common ingredients found in the dish.



Origins of pad Thai ingredients



Contribution to calories



Sources: Origins of ingredients: Khoury et al. (2016) Proc Roy Soc B 283(1832): 20160792. Highlighted areas are world geographic regions where the plants and animals in food ingredients were domesticated. Calories: USDA Food Composition Databases (2018), www.nutritionix.com
 Graphic: Álvaro Valiño, Kelsey Nowakowski and Colin Khoury