

Creepy Crawler Hash

Eating insects might help improve gastrointestinal health.

December 3, 2018 By [Kate Ferguson](#)

Valerie Stull, a postdoctoral researcher at the University of Wisconsin-Madison Global Health Institute, was 12 when she ate fried ants during a trip to Central America with her parents. Today, her research goal is to promote insects as a mainstream meal.

Recent findings from a small clinical trial that Stull led were published in the journal *Scientific Reports*. They show that the fibers in crickets—which are high in protein—may help support the growth of good bacteria in the gut and reduce inflammation in the body.

“There is a lot of interest right now in edible insects,” Stull says. “They are gaining traction in Europe and in the United States as a sustainable, environmentally friendly protein source compared to traditional livestock.”

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