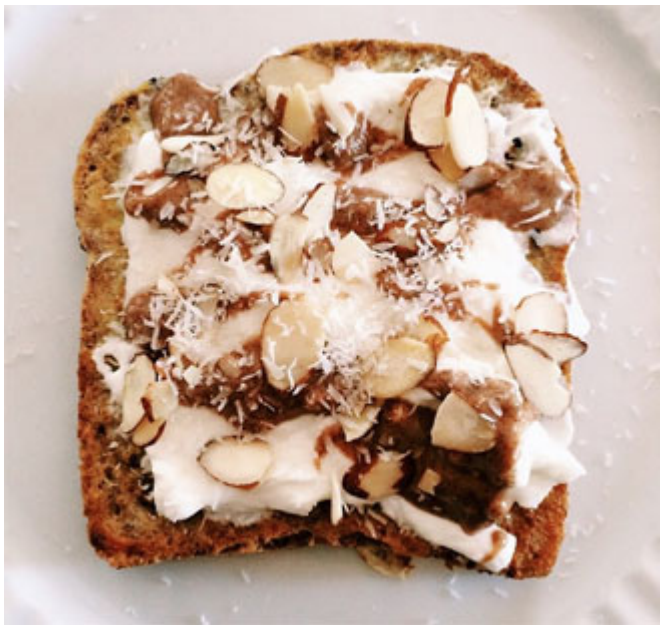


The Insider: Tulane student becomes Instagram 'foodie'

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Photographs of layered sandwiches, richly colored salads and juicy fruits dominate the Instagram account of one Tulane University student who is using her social media presence to influence nutrition among her New Orleans-based followers.



One of the breakfast items created by Madeleine Stein for her Instagram account: Ezekiel toast topped with plain Greek yogurt, almond butter, coconut and slivered almonds. (Photo from Instagram)

Madeleine Stein, now known as a local “foodie” on Instagram, is a junior at Tulane studying economics and public health. She first started her Instagram account [foodie two shoes](#) the summer following her first year of college. The account began as a space to post her personal photos of food and has since grown to attract over 1,000 followers.

As Stein continued to progress through her [public health major](#), however, she found a connection between her hobby and her interest in nutrition.

“As the food Instagram movement grows, a lot of accounts focus on being healthier, and that has the power to attract large numbers of people who normally wouldn't be interested in eating healthy,” says Stein. “I'm interested in trying to improve nutrition in New Orleans.”

Stein posts daily photos of food from local restaurants or her home kitchen. Most of her dishes feature plump slices of avocado, one of her favorite foods, and a colorful arrangement of vegetables.

“The food culture of New Orleans is not typically very healthy, but there are so many new and growing healthy restaurants out there,” says Stein. “If people see them on my Instagram, it can encourage them to find more nutritious food options.”

In the future, Stein plans to study the intersection of economics and nutrition, particularly with respect to food assistance programs. She hopes to keep foodie_two_shoes a vital and fun part of her public health education.

Samah Ahmed is a sophomore studying public health and political science at Tulane University.