

TAKE A BITE

A LOOK AT THE MISUNDERSTOOD WORLD OF COMPETITIVE EATING, AND THOSE WHO ARE UBIQUITOUS WITH THE SPORT.

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Competitive eating has been a growing sport in recent years. Every Fourth of July, the top competitive eaters in the world compete on the sport's biggest stage. The Nathan's Hot Dog eating contest is watched by millions of people each year. Some eaters have become household names, such as Joey Chestnut. Competitive eating not only requires physical excellence, but mental toughness as well. Here, professional eaters discuss the essential qualities it takes to compete at the next level.



Bay Area Native Joey Chestnut has been the king of competitive eating for the past decade. His career began in 2005 and immediately won a deep-fried asparagus eating contest. Since then, Chestnut has won 11 Nathan's Hot Dog Eating Contest titles and has broke his own record five times. He also has a plethora of other records including eating 141 hard boiled eggs in eight minutes and 182 chicken wings in eight minutes. There is no questioning Joey Chestnut's GOAT status, arguably being the most dominant athlete of all time.

Joey's Records

Food	Amount	Time	Calories	Calorie Equivalent
 Twinkies	121 Twinkies	6 min	18,150	94 Chocolate Donuts
 Chicken Wings	182 Wings	30 min	13,104	7 Pounds of Cheddar Cheese
 Burritos	14.5 Pounds	10 min	16,884	55 Plates of Spaghetti
 Apple Pie	13 Pounds	8 min	26,040	44 Big Macs
 Hot Dogs	74 Hot Dogs	10 min	20,580	823 Carrots

QUOTES FROM PROS



Nick Wehry - Ranked #15
Bodybuilder, can bench 405 lbs, squat 455 lbs, deadlift 545 lbs.

"A good competitive eater has stubborn persistence, consistency, and maybe a dash of masochism."



Gideon Oji - Ranked #6
Former Division One basketball player. 6'9" 230lbs, 7'2" wingspan.

"Whatever you, do stick to it. Eating competitively should be your last option. The food will fight back."



Juan Neave - Ranked #17
Nintendo 64 Enthusiast, Biggest Fear is the Ocean.

"Build up your capacity and try doing local contests before going up against pros."

Paly's Perspectives

"I think I could eat like 11 [hot dogs] if I hadn't eaten that day but I would have to be really hungry." - Louis Passarello ('20)

"I think I could eat like 30 hot dogs in 10 minutes if I really tried." - Cameron Legrand ('19)

"The most of anything I have ever eaten is 30 pieces of chicken... They were a little bigger than nuggets." - Raylen Boudreaux ('19)

We asked Paly students if they could eat double digit hot dogs in one sitting. Here were the results...

