

**bon appétit**

## **Everything You Need to Know About Nutritional Yeast, Nature's Cheeto Dust**

### **Does nutritional yeast really have health benefits?**

Bridgette Becker, functional health nutritionist at plant-based wellness retreat The Ranch at Malibu—where chef Meredith Haaz uses nooch for everything from kale chips to stocks—mentions another underappreciated perk: Substantial levels of selenium and molybdenum.

“Selenium is one of the key minerals for supporting thyroid health and aiding in the detoxification process. It’s also a powerful antioxidant. Molybdenum is also a mineral that helps with detoxification, particularly of heavy metals,” Becker says.

### **How to buy and store nutritional yeast:**

Haaz prefers unfortified nutritional yeast (because it’s less processed) and recommends looking for nutritional yeast flakes over powdered varieties. “I find that the flaky variety works better for how we use it at the Ranch,” she says, likening the textural difference to standard table salt versus the all-mighty Diamond Crystal.