



Miso Hungry

The Story of a Fast Food Junkie
on a Culinary Voyage of Discovery

Worldwide Distribution: Journeyman Pictures | sales@journeyman.tv



Running Time: 90 mins & 58 mins
misohungry.tv

Synopsis

Imagine eating nothing but traditional, authentic Japanese cooking for 12 weeks. What sort of health benefits would this kind of diet have on one's body?

In a dieting experiment similar to *Supersize Me*, but towards improving health, award-winning actor and comedian Craig Anderson does just this.

It is widely known that the Japanese live the healthiest and longest lives in the developed world. But what is it about their lifestyle, diet and culture that makes this so?

Through a series of entertaining and educational scenarios filled with culinary secrets and cultural chaos, Craig investigates how the traditional Japanese diet, along with their active lifestyles, results in the Japanese population being the healthiest and longest living people on the planet.

Miso Hungry is a light-hearted 'documedy' about one man's journey to find a simple, painless path towards a healthier life.



Director's Statement

As a young boy living in Tokyo, I grew up in the food utopia of the world. Fresh, simple, wholesome food was abundant. Tokyo is known for having the most restaurants of any city on earth, and also boasts having more Michelin Starred dining establishments of any city.

Growing up in Japan, it was common knowledge that the Japanese people live the longest and healthiest lives in the world. Statistics gathered by the World Health Organization illustrate just how much healthier the Japanese are compared to the rest of the world. So how is it that a culture so obsessed with dining is also the healthiest?

I began to think back to my mother's Japanese kitchen. She would often cook traditional, Japanese meals for my brothers and me. These meals usually consisted of fish, rice and several traditional roots and vegetables. Thinking back, I noticed that very little dairy or meat was used in Mom's cooking.

This led me to wonder whether it would be possible improve one's health by simply switching from a typical western diet to a traditional Japanese diet. I decided to film this dieting experiment towards better health - one which would involve no calorie counting, impractical eating schedules, or spending hours at the gym. My latest film, *Miso Hungry*, is the documentation of this experiment.



Miso Hungry features Konishiki, the heaviest sumo wrestler of all time.

Production Team



TIM DELMASTRO - PRODUCER/DIRECTOR

Over the last decade, Tim has amassed an impressive range of documentary credits. From his films documenting the fast changing developments in the video games industry to his more recent projects about finance and the global economy, he has created powerful and exciting films time and time again.

Tim's numerous documentary credits include, The Future of Video Games and Tokyo Access, both which explored the growing phenomena of video gaming across the world. His latest documentary films, End of the Road and Freedom From Choice were well received by viewers globally, and have won numerous awards at film festivals around the world.

Tim maintains close working relationships with several international distributors, and his films have been acquired by broadcasters worldwide such as Netflix, The Documentary Channel (US), Al Jazeera, Red Bull TV, Russia Today, Al Arabiya, and Cathay Pacific. He has been a featured guest on Fox Business' Stossel program in the US, as well as a guest on Russia Today, Schiff Radio, Press TV and numerous radio programs.

Tim Delmastro's previous films have won numerous awards at film festivals around the world.



CRAIG ANDERSON - ACTOR

Craig Anderson has had over ten years experience acting, directing and creating comedy for SBS and ABC Australia. His many awards include victories at Tropfest Film Festival (Best Comedy, Best Actor, Best Film) as well as winning Tropfest@Tribeca in 2006.

In 2013 Craig appeared as himself in the 6-part observational series Next Stop Hollywood. He also features in many of the sketches for ABC1's Elegant Gentleman's Guide to Knife Fighting.

Craig is also the creator and lead actor in the testosterone-fueled absurd comedy Double The Fist, which ran for two seasons on ABC Australia, and controversially won the AFI award for Best Television Comedy - sitcom or sketch.



Craig Anderson, Winner of 2 AFI Awards for Best Television Comedy.