

1. Corn Flakes – Invented to Prevent Masturbation

- 🧠 Inventor: Dr. John Harvey Kellogg
 - 🎯 Purpose: To reduce sexual urges through bland food
 - ! Disturbing Detail: Kellogg promoted circumcision without anesthesia to stop “self-abuse”
 - 🗣️ What to Say at a Dinner Party:
“You’re not just eating cereal — you’re chewing on a moral crusade.”
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2. Graham Crackers – A Cure for Lust

- 🧠 Inventor: Reverend Sylvester Graham
 - 🎯 Purpose: Curb sinful cravings, especially among teenagers
 - ! Disturbing Detail: Graham believed spicy food and meat caused moral decay
 - 🗣️ What to Say at a Dinner Party:
“Your s’mores are built on a 19th-century anti-sex movement.”
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3. Fanta – Born from Nazi Germany

- 🧠 Inventor: Coca-Cola Deutschland (during WWII)
 - 🎯 Purpose: To create a cola alternative when American syrup was banned in Nazi Germany
 - ! Disturbing Detail: Fanta was literally created for the Third Reich
 - 🗣️ What to Say at a Dinner Party:
“Orange soda... with a fascist origin story.”
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4. Ketchup – Once Sold as Medicine

- 🧠 Inventor: Dr. John Cook Bennett (rebranded version)
- 🎯 Purpose: Promoted in 1834 as a cure for indigestion and diarrhea
- ! Disturbing Detail: It was sold in pill form for a time
- 🗣️ What to Say at a Dinner Party:
“Ketchup was once a prescription. For poop problems.”

5. Tofu – Originally a Meat Substitute for Mourning

- 🧠 Origin: Ancient China
- 🎯 Purpose: Eaten during Buddhist mourning periods when meat was forbidden
- ! Disturbing Detail: Tofu wasn't just a health choice — it was a **grief food**
- 🗣️ What to Say at a Dinner Party:
“You're not just eating clean — you're eating like the bereaved.”

💡 Bonus Tip:

Print this, fold it, and keep it near your snack drawer for instant conversation power.

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