In this issue, we had the pleasure to interview Dr. Judy Chen. Dr. Chen joined the department in 2017 and is a bariatric surgeon with the UW Weight Loss Management Center as well as an Assistant Professor in the Division of General Surgery.

If you could only eat one thing for the rest of your life, what would it be?

It would be real, whole foods and not processed foods. Processed food is so prevalent in our culture and can be very detrimental to our health. I try to explain to my friends, family and patients that it is hard to eat a whole pineapple, multiple oranges and oranges at once, but it is easy to drink the equivalent amount in juice.