

## **Instant Noodle Must-Haves: The Best of this Quick-and-Easy College Staple**

When we think back on the days we spent in college, a common theme amongst most people's experiences is their reliance on instant noodles during tough times. Instant noodles, or ramen, is a staple of every college diet. Its popularity with college students stems from its low cost and the simplicity involved in its preparation. Journeying into adulthood, instant noodles also provide consumers with an easy meal that they can prepare even when they are exhausted or are in a hurry. Available in various forms (cup, packet, dry and soup) and flavors (chicken, beef and shrimp to name a few), there is a wide range of instant noodle brands available to consumers, but some brands taste better than others. Here are three brands of instant noodles you need to stock in your pantry:

### 1. Nissin

[Nissin](#) is a Japanese food company whose founder Momofuku Ando is credited with inventing instant noodles. The first iteration of their instant noodle product, Chicken Ramen, was launched in Japan on Aug. 25, 1958 and marked an important step in changing the world's dietary culture. After coming to the United States in 1966 and noticing that people were eating noodles out of cups using forks, Ando was inspired to create Cup Noodles. Today, Nissin's Cup Noodles are a beloved brand of instant noodles, available in [nine flavors](#) in the United States. In other countries, Nissin's Cup Noodles are available in flavors catering to local palates, such as [Chilli Crab](#) in Singapore, [Tom Yum Seafood](#) in Thailand and [Mazedaar Masala](#) in India, to name a few.

### 2. Nongshim

[Nongshim](#) is a Korean food company with multiple instant noodle brands, the most popular being Shin Ramyun, which was introduced to the market in October 1986 and is well known for its spicy flavor. Nongshim is the most popular instant noodle company in South Korea,

capturing [31.3 percent of market share in 2018](#), and Shin Ramyun is the country's [best-selling instant noodle brand](#). The brand is popular in the United States as well, having captured 15 percent market share, coming in third after Toyo Suisan and Nissin. The taste of Shin Ramyun is familiar to most Koreans as it evokes memories of Korean fermented vegetables, or kimchi, which is served as a side dish with every meal.

### 3. Indomie

Ask any Southeast Asian person about a food item that they can easily prepare that reminds them of home and an ubiquitous answer comes to mind: [Indomie](#). The brand's name is a portmanteau, with *Indo* relating to its country of origin Indonesia, and *mie* coming from the Indonesian word for noodles. Indomie, therefore, means 'noodles from Indonesia' and is seasoned to suit the Indonesian (and the larger Southeast Asian) palate. The brand's most popular flavor is Indomie Mie Goreng, where Mie Goreng literally translates to *fried noodle*, a popular street food dish that is served by roadside hawkers for a quick-and-easy meal. The brand is Indonesia's most popular and is exported worldwide to markets across various continents. Indomie is so popular that the [name is synonymous with the general idea of noodles](#) in Nigeria, the only country apart from Indonesia where the instant noodles are also manufactured.

These three instant noodle brands are the ones that you should stock in your pantry for one of those days when cooking feels like a chore. Instant noodles are a food item that nearly everyone will consume at least once in their lives, and with such a wide variety available to consumers, we should ensure that we only have the best.

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