

Our  
Elephantine  
Equestria:  
An Addendum

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## FOREWORD

Welcome, traveler. If you have not already, please purchase a copy of *Our Elephantine Equestria: A Compendium*. This book in your hooves is intended to build upon prior data, rather than be a standalone release.

## ABOUT ME

My name is Sweet Scribe, historian and author. I hail from Cloudsdale, home of my people, but quickly moved to Canterlot to pursue my interests, which are academic rather than militaristic or athletic. On this day, the finalization of the final draft of this book, we approach 11 years of this new era of Equestria. I had intended to engage in a new field of research, but obtaining access to Quik-Gro data that can be researched and published is proving impossible, and I've found myself needing more money.

My assistant, Quick Writ, has accompanied me in my research. While there are no new illustrations for this addendum, Quick Writ has proven invaluable in gathering information. Maintaining the promise Princess Celestia forced me to make with my prior book, I will publish my current weight as 614 pounds.



Figure 1: Author Sweet Scribe and Artist Quick Writ

Pony society has, in addition to its previously existent castes and groups, split into three new castes. Despite the term, there are little more than ideological and physical differences between the groups.

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## THE TRADITIONALISTS

Although the term carries a negative connotation these days, traditionalists merely adhere to the values Equestria held – in terms of appearance and caloric intake – before what is now known as Alifoods came to be and changed our perception on those matters entirely. This is the smallest group in each way you could interpret that description. A few of them are fairly rotund – there were overweight ponies dating back to the founding of Equestria after all – but generally look just as the rest of us did a mere hooffull of years back. The more outspoken ones try to campaign against the current state of affairs in the political realm and make sure you're aware of it, but nothing has happened so far.

Rumors have spread that some are even planning attacks on AliFood production facilities and farms. So far, the only rumor found to bear fruit is that many traditionalists only eat food they grow and process themselves. Other traditionalists willfully eat AliFood products. Despite what you may think, you can't actually tell the two sects apart without seeing their homes and gardens. While I myself have shone a light of suspicion on Quik-Gro and Gro-Assist and their potential effects on one's psyche as some traditionalists do, I must admit seeing ponies eat a diet consisting entirely of AliFood products without so much as getting a little chubby puts a damper on that particular theory – though time will tell!

There are currently no traditionalists in any position of power.

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## THE GOURMANDS

This caste is the largest – in terms of volume. Membership, ironically enough, is not determined by one's size, but by one's mindset. Those who identify as Gourmands have practically deified the concepts of gluttony and obesity. Most members are excessively whale-like, of course, but you'd be surprised how many ponies who measure their weight in pounds consisting of four digits before the decimal, and are larger than many Gourmands without being one of them. What defines being a Gourmand is glorification of and love of fat itself, and dedication to making the term "overeating" an understatement. Much like the Traditionalists, there are rumors of extremist Gourmands who believe the ideal world consists of magic and automated machinery, feeding and caretaking for a population of exclusively immobile blobs that vaguely resemble ponies.

In the eyes of a Gourmand, overeating is too simple, too easy. As one I've interviewed put it, you "just have to eat until you feel full, because the brain gets the fullness signal on a delay". For a Gourmand, you haven't eaten enough until your stomach hurts. If you ever feel actual hunger, you've waited too long between meals. What is a body type fetish, if that body type is so common as to be the norm? For the Gourmands, the fat fetish lives on by glorifying, and considering as peak attractiveness, ever more extreme sizes. It is among the Gourmands where the concepts of immobility and growing too large to fit

in a house are considered utopic rather than inconvenient and terrifying. One can spot a Gourmand most often at a restaurant, at a grocery market buying up entire aisles of food, or any place that serves food – just look for the pony that looks like a single drop of water would make them burst, yet still go for another order.

Though it is a matter of some debate, the Gourmand caste can be said to include ponies that are thin as well. Thin ponies that have decided the Gourmand lifestyle is for them is a simple enough matter. However, there are thin ponies that are claimed to be part of the Gourmand caste because they agree with every tenant of the Gourmand's ideals, except they apply them to others rather than themselves. The most prominent examples would be bakers and restaurant chef-owners who look like they'd be part of the Traditionalists, yet take pride in having a lover and customer-base who they intentionally feed into exasperatingly large sizes.

Justifying concerns many have about this group, as silly as it may seem at first glance, former Gourmands who have decided going to such lengths as a Gourmand does isn't for them, or has caused undue inconvenience, are ostracized and treated with disdain by remaining Gourmands. The stress of having to change lifestyles and their irreparably expansive stomach capacities mean a former Gourmand ends up even fatter than when they left, but will eventually at least plateau at a weight.

Gourmands by nature do not often appear in hierarchy castes below Barons, simply due to the financial resources required to fulfill that lifestyle. They will still appear in the Citizen caste, though their finances limit the extent of their excess. Some I have run into and interviewed will, by necessity, eat relatively normally throughout the week, spending saved up money on special days such as the weekends for a fast food binge so large you'd fully expect them to be unable to finish it. Royalty have so far refused to classify themselves as any group, though their particularly corpulent sizes and enchanting appetites spur many rumors. Lords and Barons, due in part to their wealth, are the most common groups from which a Gourmand will hail.

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## THE ORDINARIES

The last caste is easily the largest – in terms of population. It is the easiest caste to join as well: You simply have to not be an extremist in either end of the weight scale. Well, I wouldn't necessarily call traditionalists extremists. They don't promote starvation or famine, just things like not eating three triple layer chocolate cakes for breakfast. Ordinaries have a wide range of shapes, sizes, and ideals. The only blanket statement that could be accurately made is that an Ordinary's ideals do not fit in any other caste's. As mentioned, there are Ordinaries who are even larger and more gluttonous than many Gourmands, but simply have a mindset that differs from theirs. Believe it or not, that infamous city of Foaledo is home to only two Gourmands, while the rest of the enormous population are Ordinaries.

As time passes, some things change, while others remain the same. A scant four months have passed since the publication of my first book on the changes of our land, and in that time the AliFoods Corporation, recently incorporated and named as the owners of the Quik-Gro and Gro-Assist technologies, has all but monopolized the food market. Excepting only the farthest reaches of the planet, the most destitute non-pony civilizations, you won't find a single crop or scrap of food that isn't created with AliFoods technology.

For any fans of dystopian novels and tabletop systems that involve megacorporation control, cybernetic limbs, and generally hellish conditions, you can remain seated with your no doubt overflowing bowl of snacks: AliFoods has no extreme measure of control or ulterior motives. There's no chance of them usurping the throne or making it impossible to grow crops without some obscene licensing program. They are not paying me to make such claims either. Don't think so lowly of me to believe the multiple free meals and hotel they provided me could buy me off. Simply put, there is no other way to generate enough food to adequately feed the extreme appetites most of the population has without their technology. Between you and me, everypony in the company could hardly usurp a vending machine. Not counting my assistant Quick Writ, I was the thinnest pony there!

Generally speaking, the only appreciable change in our food supply is that it has gone from a mixture of natural and AliFoods products to entirely being produced by AliFoods, and the multitude of wonderful farmers and factory workers who are willing to perform probably the greatest amount of physical labor in the world at this point, as well as the bakers and chefs who concoct the foodstuffs we all love from the ingredients provided. Packaging has changed to bear the AliFoods label, of course. Compositionally, the food remains the same as it was before the incorporation: a 750 calorie slice of apple pie from five months ago remains a 750 calories slice of apple pie today. While some of the more extreme elements in our new society may be disappointed, it would be more than a little excessive to pump the calorie counts up even higher than they are now.

## CHANGES IN PLACES TO EAT, AND GET THINGS TO EAT

The popularity of eating out is higher than ever. You'd be hard pressed to find a single pony that doesn't get at least one meal a day from somewhere other than their own pantries. Many existing franchises have already expanded to have a location in every city, town, and village in Equestria, as well as some places beyond. Some new competitors have entered the mix as well.

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### FAST FOOD

- Burger Princess and Hay Burger remain the king and queen of the fast food world. It's hard to beat a hayburger!
- SubsExpress remains the "healthy" choice, though they have expanded to offering sub sizes up to twenty feet long!
- General Blaze's Kirin Buffet, with seven locations in Canterlot alone, has expanded so far even dragons, deer, and hippogriffs have access to its excess. Of course, the kirin homeland has recently

obtained some locations as well. General Blaze has added a new meal option: the Endless Buffet! This is a three course meal that is repeated as many times as your stomach can handle. Curiously, the food is brought to you for this meal, rather than you going to the buffet line yourself. Once you finish a course, the next is brought out, so on and so forth, until you signal you are finished. Drinks are complimentary and provided on demand.

- Course 1: One of everything on the original General Blaze's menu
- Course 2: A selection of new foodstuffs that are designed to compact greatly in your stomach, while also being sufficiently calorie dense. This consists of fruit salads, pudding, gelatin (rumored to be sourced from Everfree slimes, but unproven), cottage cheese, and applesauce.
- Course 3: Dessert. Much like course 2, this course is hardly related to kirin cuisine, though you shan't find anypony complaining. Cake, pie, cupcakes, donuts, and ice cream, all in multiple varieties and great portions.

It would be poor journalistic integrity to simply write about the endless buffet and not try it myself. I must admit, I lasted two rounds before my stomach was packed too full for even a wafer-thin mint. I don't gorge myself like most ponies my size and larger, making that a surprisingly high volume of food for me.

I would be remiss not to mention the newest player in the field: up and comer Hip Burger. While it lacks a signature dish like Burger Princess's Princess Burger or Hay Burger's Big Macintosh, Hip Burger offers hayburgers by the bag for the price of one regular burger and fries at other places. It's a bit of a tossup of what you'll get each time, but the paper bag is filled to the top either way, so it's not like you're missing out. Typically, you will get anywhere from three to eight burgers in a bag. If you get a lower quantity, don't fret – each of the burgers are bigger than they would be if you got a larger quantity.

Hip burger likes to keep things cheap and simple. They offer three things: Hayburgers, fries, and milkshakes. Every hayburger is a double with cheese, mayo, catsup, mustard, diced onions, and pickles. Fries come in a large paper bucket, soaked in vinegar and drowned in catsup, Milkshakes come on one size: huge! It's a simple chocolate milkshake, but 64 ounces for two bits is hardly worth complaining about. The prices can't be beat. Everything costs two bits a piece.

I don't want to give the impression that Hip Burger is just a cheap joint to overindulge in, or meant for our poorer citizens. On the contrary, the clientele have been as varied in wealth as they have been in size! If it seems I am heaping on the praise for this new runner, it is only because it has become a common visit for me since opening. As big a fan as I am of the Big Macintosh, for the same price I can buy three bags of burgers, two buckets of fries, and two milkshakes. The mysterious owner allowed me to publish this secret, just for being a common patron: The secret is in the cooking oil! All the hay for the burgers and potatoes for the fries are fried up in cooking oil. That's normal, right? Where Hip Burger differs, is they place a stick of butter between the two haypatties right as they're taken out of the fryer. All the butter that inevitably melts out and pools around the burger before it's placed in the bag, it gets pushed into the cooking oil. That means not only is there buttery goodness soaked into the double hayburgers themselves, the very oil everything is fried in is at least 70% liquid butter!

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## ELSEWHERE

Restaurants, bakeries, bars, cafes, diners, and grocery markets have all largely remained the same over the past few months. The food and drinks are just as good as ever, and restaurants in particular will feed a wealthy enough patron as much as ponily possible. The changes one will see in any of these locations are as follows:

- Unsurprisingly, clientele and employees alike tend to be even heavier than before.
- Doorways, aisles (in the case of grocery markets), and kitchens have been made larger and wider, owing to a few too many stuck door incidents, at the cost of the buildings undergoing expansions and renovations.
- Furniture, while sometimes lacking in size, is better capable of supporting ponies. You may still need a booth or two chairs to fit properly, but at least you'll have space and not end up on the floor unless you're particularly huge. Rather than booths sitting dusty and unused because hardly anypony older than a foal could fit in them, the tables have been raised, and there's a larger risk of one's belly pressing another's, or the other seat, than of not being able to fit.
- Grocery markets have rearranged their bigger, more spaced out aisles. Fruits each get one aisle, while desserts and snacks each generally have no fewer than five aisles dedicated to them. Carts have been replaced with wagons, and a one-way traffic flow has been implemented to avoid congestion. Often times, ponies fill up their shopping wagons with desserts, snack foods, junk, prepackaged meals, and find themselves out of room by the time they get to the fruits and veggies. It's rare for anypony outside the baking trades actually bringing home anything from those last two aisles, and even then it's just to use them as ingredients.
  - Is it intentional? I believe so. Without exceptionally strong willpower, going grocery shopping will lead you through all these delicious treats that you just can't resist! The old saying "don't shop while hungry" won't save you unless you're a traditionalist. I can say, based on both experience and observation, any pony who has delayed eating long enough to feel hungry is going to eat until they feel proper full, which for most of us is enough food to make going out and doing physical activity and shopping quite a bother.

## HOME LIFE

One's own domicile is no less changed than anywhere else. Once enough ponies properly woke up, we've collectively managed to realize just how fat we've all gotten. It's not like we were unaware before, but in my personal opinion, carpenter and seamstress alike must have had to break enough of their own fashion and seats to realize we were in dire need of an update. Home remodeling has rarely gone beyond furniture replacement and the occasional doorway widening thus far, though an increasing amount of ponies have been shifting their essentials to the ground floor and renting their upper floors to comparably fitter ponies. In exceptional cases, some ponies have purchased a plot of land and had a large, single-story house built, with all the supports on the side walls so they don't have any interior walls getting in the way. I for one find that silly, for a pony to be large enough to need or even desire that, I

can't imagine them being able to move much at all. For reasons described below, many opt to dismiss the concept of a formal dining room in favor of using other rooms and seats for in-home meals.

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## FURNITURE

As with the furniture mentioned in the food service section, home furniture has undergone a similar overhaul in recent months. Where home life differs, other than the obvious inclusion of things like beds, is that the concept of a regular chair or stool is almost entirely written off.

- **Chairs:** Reinforced (and extra wide) chairs are still in use for purposes such as desks. Even dining room tables, for those who eat at home and don't just eat on the couch or at their desk, have replaced chairs. The extra width needed for modern chairs happens to be enough that it homeowners and renters have opted to just use naturally wider, more comfortable options where applicable.
- **Couches:** Whether in their normal habitat or living as the replacement for what a chair or recliner would be used for, reinforced couches have become the most popular seating choice. Even dining room tables are surrounded by 2-3 seater couches these days. A popular, though more failure-prone option for living rooms and other locations, is a type of couch that operates as a full recliner replacement: pulling the handle to extend the leg rest does so for the entire length of the couch, rather than just one seat. Most commonly, a two-seat couch is used for a single pony, while a three-seat couch is used for two ponies, or one particularly wide one. Of course, the three-seat style remains popular for laying on the couch as well, though many ponies will use the recliner-style couches and extend the leg rest for their belly. As you can imagine, dining rooms can feel rather cramped between the couches, the quantity of food, and the raw mass of the ponies eating one of their many meals.
- **Beds:** Bed frames have been redesigned entirely, often out of reinforced steel or even concrete, with support spanning the entirety of the bed rather than just the posts and some wooden slats like older beds had. I think you can understand the reasoning on your own. Some ponies opt to simply have their mattress lay directly on the floor, so as to not incur the extra effort needed to lift themselves a mere few inches.
- **Mattresses:** Unsurprisingly, mattresses themselves have changed to better accommodate the larger population. The most obvious example is the current use of sizes. Less obvious is the replacement of springs with enchanted foam that operates the way bedsprings do, but without the risk of some sharp metal breaking through and wounding some poor soul.
  - Newborn and very young foals are the exclusive users of the old "twin" size mattresses. At such an age, they aren't particularly fat or anything; I shudder to think how far gone our society would have to get for somepony that young to be fat enough to need such a large mattress. No, this became common practice simply to use up old stock. Worryingly, manufacturers have chosen to produce and market twin size mattresses for foals and discontinue crib mattress sizes entirely, citing an easier manufacturing process.

- Fillies and colts share the double size mattress with the traditionalists. By this age they've weaned off their mothers' milk, no longer need cribs, and are eating Alifood products like the rest of us, so I suppose it's not much of a surprise that the youth are fat enough for a twin mattress to be too small. Those mares and stallions who could easily fit on a twin mattress? They choose doubles even when single just to avoid the stigma that quickly became attached to buying mattresses "meant" for newborns.
  - *A note: while the youth are on track to lightly be fatter than their parents are by adulthood, the concept of "fitting in a twin mattress" does not imply they're wider than the mattress, or that laying on their side leaves their bellies hanging off the mattress. A proper fit for most ponies young and old is considered to be one where you can comfortably roll from one side, to your back, to the other side without leaving the mattress. It's something of an old world concept, considering most ponies don't want to upgrade all the way to a king size bed to make this work, and will instead stick with just being able to fit on the bed in any orientation while laying in the center of it.*
- Queen size mattresses have become the new standard for single mares and stallions. Traditionalists and those who aren't quite as heavy as many have become will still use this mattress size as couples, but an increasing portion of the population simply can't fit a second pony in their bed.
- King size remains the largest mattress size available. This is popular among couples, and the particularly elephantine singles out there. In the case of singles that use a king size bed, their standard for fitting is just being able to fit on the bed at all. Couples at this size, and singles who are exceptionally adipose, simply combine multiple mattresses as needed.
- Bedding and clothing: What is there to say? I considered omitting this entirely, but I need a certain page and word count to justify printing costs. Sheets, blankets, comforters, and clothing are all, obviously, bigger.
- Desks and tables: These are only a little more interesting than the previous section. An outside observer who sees a modern desk or table on its own may think pony society has merely grown bigger and taller, a same-proportion scaled up version of traditional bodies. They're all taller, to give more belly room under the table or desk, and wider to give more room for things on the table, or more belly room between a desk's drawers. Where one may previously have briefly considered a diet or found an excuse to put off paperwork for struggling to sit in a booth or having one's belly press into, and flow over, the table or desk top, with the table raised higher, there is a greater chance of one's belly touching the floor than getting in the way.
- Kitchens: Stoves and fridges are larger and can hold a much greater amount of food. Even an amateur can cook a meal meant for a dozen easily in these expanded ovens, without even involving the stovetop. A fridge alone, not even counting foods that can be stored unchilled in pantries, is now able to stock at least two weeks of food for an average pony, assuming four meals a day.

- Bathrooms: Sure, it's not a pretty topic, but unpleasant details aren't going to be mentioned, don't worry about that.
  - Toilets have changed to more resemble an outhouse, I suppose to make it easier to make one able to hold a modern pony. Other than the bowl and plumbing, the entire toilet base is a rectangle of reinforced concrete, with some much more comfortable tiling layered on top. The flush tank is typically mounted on the wall some distance away.
  - Showers and tubs largely haven't changed, except to be bigger. With the exception of some traditionalists, just about all bathtubs have been recycled and replaced with versions that use a door mechanism for entry and exit. I'm sure you can infer why it's become popular to enter the tub through a door rather than climbing over the side, no? Models without multiple sprayers have been discontinued, not that anypony would want one.
- Stairs: As mentioned, multi-story houses either house only the ponies thin and fit enough to be able to take the stairs in the family upstairs, or rents it out to those who can take the stairs. Other types of staircases, like those leading into a public building, have been replaced with ramps. Still, with the point of abandoning basements and upper floors being the point a pony's belly makes it too difficult to transcend them, stairways have been modified with reinforcements ranging from professionally done to cobbled together.

## FOALEDO

I never wanted to return to this cursed city, but circumstances demanded it. Foaledo gets its own special section, because it has changed a bit more than everywhere else. Everywhere else, all that has changed is the AliFoods incorporation and everypony getting a bit fatter. Foaledo is another story entirely.

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## REVOLUTION

While fairly small in scale, any armed conflict is major news in this era. While the migrant worker caste did not appear to be treated poorly in my previous visit, that changed at some point. A contingent, led by some prominent Traditionalists (which is why the term holds such a negative connotation; without this situation, they would simply be seen as annoying), took up arms – disaffected by performing menial labor for little pay in service of ponies that can scarcely move at all. With the latter group hardly being capable of combat, even in the case of the unicorns who had magic on their side, outside help was clearly needed, at the very least to stop a slaughter. Both the royal guard (at least, the guardsponies who were still capable of guarding more than the royal food store) and mercenaries hired from foreign lands were dispatched.

What followed was a bloody, terrible war the likes of which have been unseen for decades. Civilian casualties were minimal, while the majority of the rebels were wiped out. Of those left alive, some are serving sentences in Tartarus (I do not intend to question our Princess's ruling, but typically this type of sentence is reserved for much higher tiers of criminal activity), while others have begrudgingly returned to work. Some, including at least one of the leaders, have escaped to parts unknown.

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## RECOVERY

After the short-lived Migrant War, the Foaledo government focused on recovery, a return to the status quo. The mercenaries and royal guardsponies, those who were not shipped back home to tend to injuries, stayed behind to help with the rebuilding process. Foaledo provided free meals and board in the city for the soldiers and mercs, owing to the excessive amount of free, unutilized second stories in citizens' houses. This proved to explain why Foaledo kept its migrant worker caste segregated into out-of-town colonies with their own food sources: guards and mercenaries alike found themselves gaining quite a lot of weight, and had to be dismissed well before the reconstruction project was complete as they were quickly losing the ability to fit into their uniforms, let alone work.

With Foaledo continuing to look like a disaster, Canterlot offered a great deal of funding in place of their soldiers, who were allowed to keep their jobs but greatly diminished the amount of guards who were truly combat-ready. Out of desperation, and knowing a pony workforce would very likely lead to another revolution, Foaledo looked to foreign mercenaries. Strange, bipedal creatures from Klugetown and griffins from Griffinstone were hired to replace the Migrant Worker caste, working alongside the ponies from that caste who were opposed to revolution in the first place.

With lessons learned, all the migrant workers were once again housed outside of the city, with food provisions far less excessive and calorically dense than those found within the city. This was found to be a boon: To the poverty-stricken griffons and Klugetown creatures, the lackluster lodgings and relatively light offering of food were luxurious compared to their homes. Occasionally, a griffon or two have gotten greedy, but generally things have been peaceful.

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## EXPANSION

It's impossible to discuss Foaledo without mentioning expansion in some way. With the population growing even fatter than they were before, the city has been running out of room. Even accounting for the population loss from the war, Foaledo was in desperate need of more housing. That isn't to imply the population has been exploding with newborns. Nay, it would be more accurate to state the majority of the expansion plans stem from the population growing so large that households get too cramped to fit them all.

While all houses in Foaledo sport a second story, it has been mentioned already that the bulk of the populace can't access the second story. In fact, even if they could, most would cause the floor to collapse and plummet to the ground floor. As a result, the second floor of a Foaledo house is reserved for the youth. A youth in Foaledo tends to be as fat and heavy as an adult Canterlot citizen, but somehow they're able to make it up and down those stairs just fine, despite often having bellies as acclimated to the floor as their parents.

To acclimate the unique situation, a still-ongoing project was presented: Demolishing the walls surrounding the city, except around the western front where the migrant houses are, creating new walls much further out, and filling the new empty lots with more houses. Breaking tradition, the new houses

are all single-story homes, built bigger and wider than the existing buildings. While the original proposed idea was to move all the larger residents to the new buildings, leaving the original buildings for a proposed cycle, a lot of families that made the move chose to just have their foals in the new house anyway. The proposed cycle was as follows:

1. Parents live on the bottom floor, their foals live on the top floor
2. Foals grow to adulthood
3. Parents move to one of the new houses, while their now-adult children move to the ground floor
4. New generation cycles between homes pertaining to their relationships, eventually ending up with their marriage partner
5. Cycle repeats

The cycle itself seems reasonable, but trying to get it all to work can be difficult, especially with those who haven't obtained a partner yet, or do not end up obtaining one in general. It gives a way for the already-existent houses to be fully utilized instead of the top floor being dusty and unused until disrepair causes collapse, but makes a lot of assumptions.

What remains to be seen is how this change affects the average size of a Foaledo resident. Until now, the prospect of having much more limited living space caused at least some level of restraint. I know, it's hard to believe the fattest city in all of Equestria exercises any form of restraint. With a planned expansion north toward the Forbidden Jungle, west into the Bone-Dry Desert, and south roughly half of the distance to Southstock, there may even be enough homes for every single pony to have their own living space. The youth of Foaledo will no longer need to maintain the ability to climb stairs for fear of having to prematurely move into the already crowded downstairs, while those older will no longer necessarily need to share a single floor with multiple other ponies. If I may be bold enough to make a prediction: Foaledo's citizenry will fall into a weight range of 1000-3000 pounds, youth included.