

A collage of fresh vegetables including onions, green onions, carrots, and beets. The onions are on the left, green onions are at the top, carrots are on the right, and beets are at the bottom.

A Taste of Culinary Medicine

Illinois Academy of Nutrition and Dietetics

Spring Assembly 2024

Presenters: Jan Dowell, Charlyn Fargo Ware, Kathy Levin

A photograph of fresh vegetables, including several white onions, a bunch of green onions, and a bunch of green leafy carrots, arranged on a light-colored surface. The vegetables are partially obscured by a semi-transparent white banner that contains the title and list.

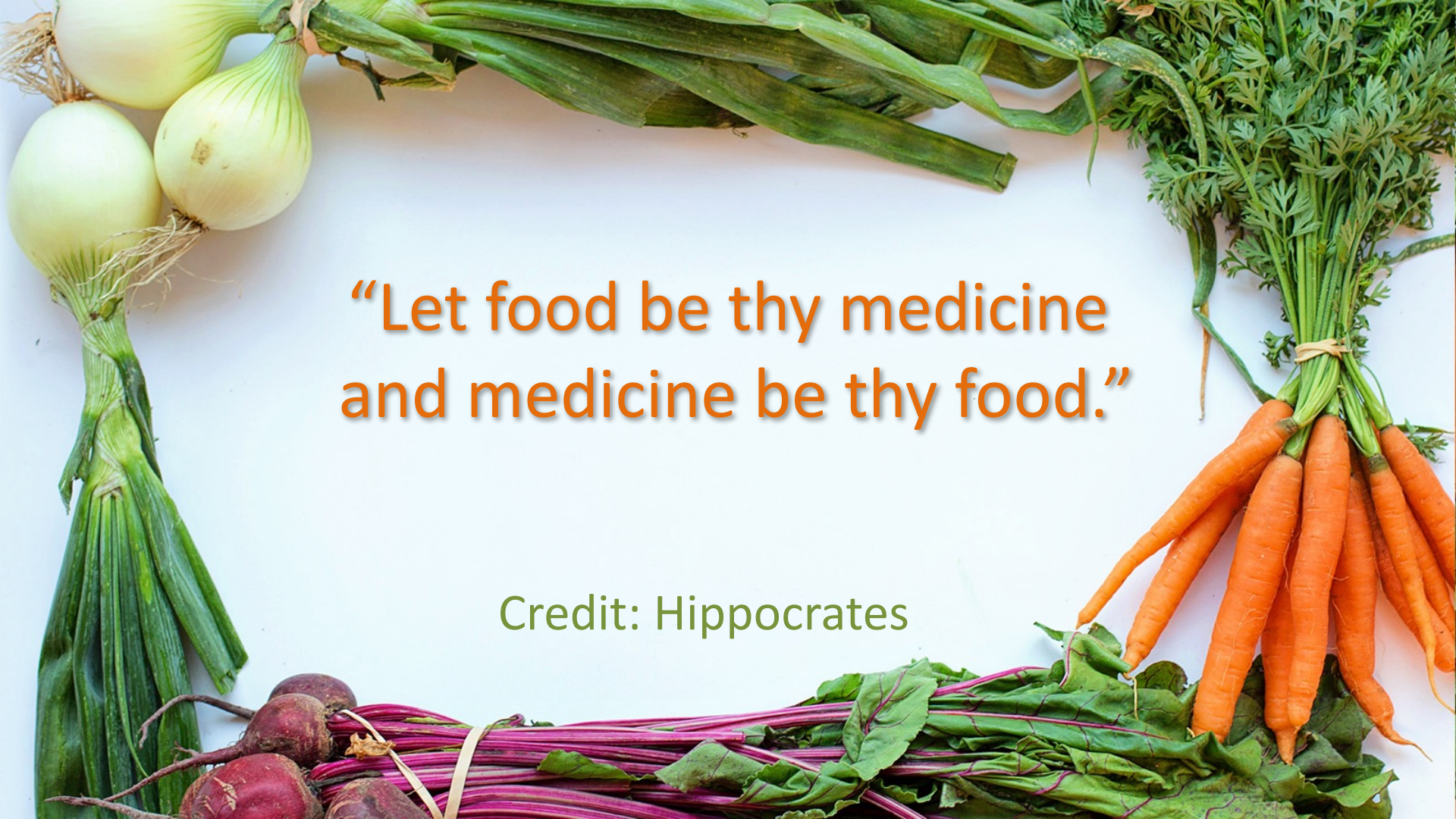
Conflict of Interest Disclosure

- No personal financial benefit received from any of the programs discussed in today's presentation.
- Lincoln Land Community College employee.
- Stipend provided for today's presentation.

A photograph of fresh vegetables including several white onions, a bunch of green onions, and a bunch of fresh green carrots, arranged on a light-colored surface. The vegetables are partially obscured by a semi-transparent white banner that contains the title and list.

Objectives

- Defining Culinary Medicine
- Identifying Support in the Professional Literature
- Implementing Culinary Medicine in Professional Practice
- Resources
- References Available

A collection of fresh vegetables is arranged around the central text. On the left, there are several white onions with their green stalks. At the top, there are green onions. On the right, there is a bunch of bright orange carrots with their green leafy tops. At the bottom, there are several red beets with their green leafy tops. The entire scene is set against a plain white background.

“Let food be thy medicine
and medicine be thy food.”

Credit: Hippocrates



Defining Culinary Medicine¹

“...Evidence-based field in medicine that blends the art of food and cooking with the science of medicine.”

“...Helping people reach good personal medical decisions about accessing and eating high-quality meals that help prevent and treat disease and restore well-being.”



> [J Acad Nutr Diet](#). 2023 Jun;123(6):865-870. doi: 10.1016/j.jand.2023.01.015. Epub 2023 Feb 3.

Preparing Registered Dietitian Nutritionists for Leadership in Culinary Medicine: Opportunities, Barriers, and Alternatives in Registered Dietitian Nutritionist Education and Training

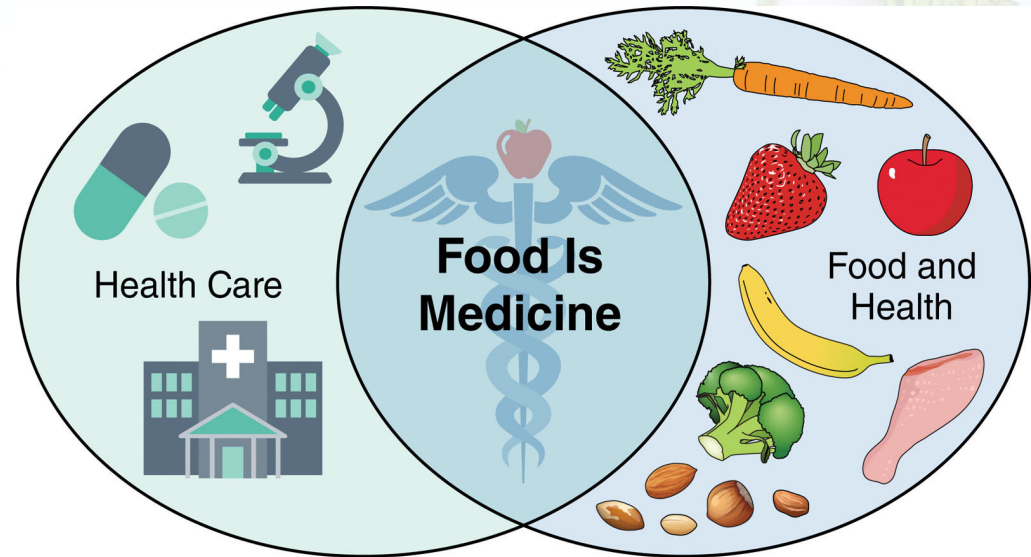
> [J Acad Nutr Diet](#). 2023 Oct;123(10):1393-1405. doi: 10.1016/j.jand.2023.07.006.
Epub 2023 Jul 14.

Registered Dietitian Nutritionists Taking the Lead in Teaching Kitchens



Related Definitions

- Culinary Nutrition
- Food Is Medicine (FIM)²²
- Food As Medicine





➤ [J Acad Nutr Diet](#). 2024 Feb;124(2):257-267.e12. doi: 10.1016/j.jand.2023.05.009.
Epub 2023 May 12.

Perspectives of Food as Medicine Concept: Report of an Online Convenience Sample Survey of Registered Dietitian Nutritionists

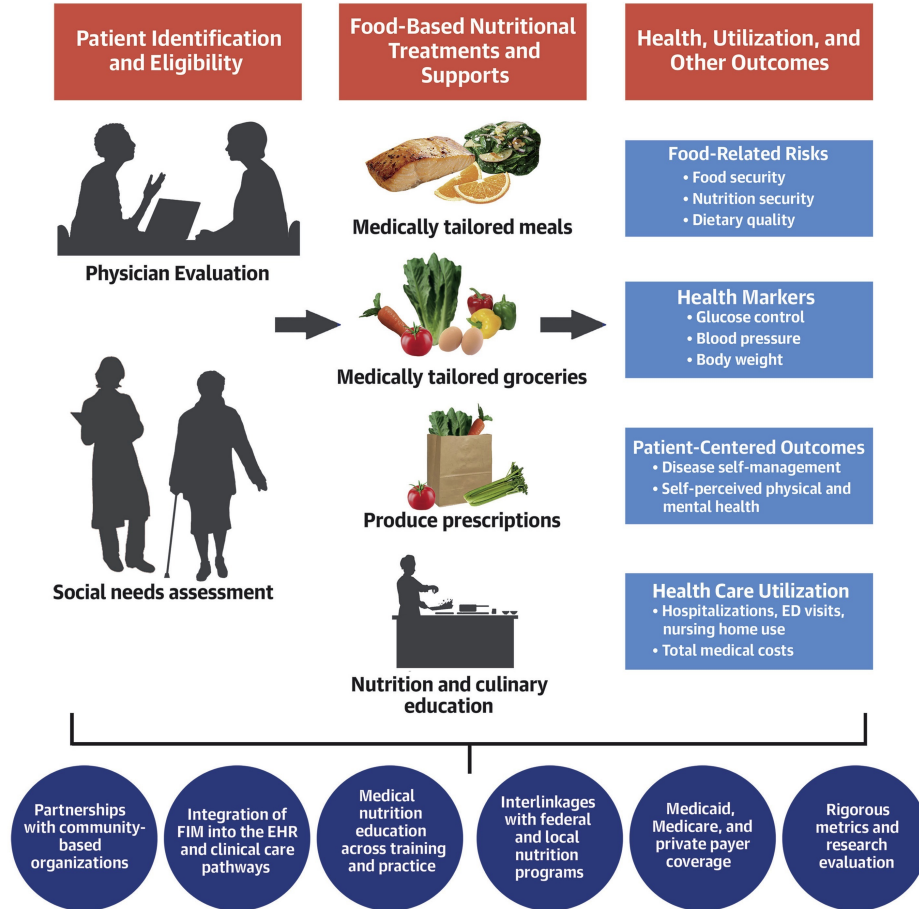
AND Foundation Definition²⁵

“A philosophy where food and nutrition aids individuals through interventions that support health and wellness.”

1. Food as *preventive* medicine
2. Food as medicine *in disease management and treatment*
3. Food as medicine to *improve nutrition security*
4. Food as medicine to *promote food safety.*



CENTRAL ILLUSTRATION: A "Food is Medicine" Approach in Health Care





Evidence-Based Support



SNAP-Ed Cooking Matters Program³


- Families experiencing low-income
- Six-week course
- Topics: meal prep, grocery shopping, food budgeting and nutrition
- Action: fundamental food skills: proper knife techniques, reading labels, and making a healthy meal for a family of four on a \$10 budget
- Families given take-home bag of groceries after each class so they can practice the recipes taught that day




SNAP-Ed Cooking Matters Program Outcomes³

Measured Outcome	Change
Confidence in cooking skills	↑ 10%
Barriers to making healthy, affordable meals	↓ 11%
Cooked meals, healthier meals, budget-friendly meals	More often
Eating fruit	More at 3 months
Eating vegetables, including non-fried and green salad	More at 6 months
Worried food might run out	Stated rarely
Confident in stretching food dollar	↑ 17%

US Department of Veterans Affairs^{4,5}

 YouTube




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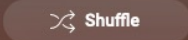


Healthy Teaching Kitchen

Veterans Health Administration

120 videos 110,468 views Last updated on Dec 17, 2023

...More

Los Angeles Site (2017-2023)
2,057 visits to the kitchen
548 Veterans participating





VA Healthy Teaching Kitchen Outcomes

Program	Outcomes
Los Angeles ⁴	Sense of community Assists those transitioning from homelessness
Texas ⁵	Improvement in kitchen confidence and healthy habits
Healthier Kidneys through Your Kitchen ⁶ (14 site, n=400)	One-third unaware uncontrolled blood pressure and uncontrolled diabetes leads to kidney failure

A photograph of fresh vegetables including several white onions, a bunch of green onions, and a bunch of green leafy carrots. The vegetables are arranged on a light-colored surface, with a semi-transparent white banner overlaid on the bottom half of the image.

Clinical Outcomes: Cancer⁷

- Coping with Cancer in the Kitchen Program
- “Increased knowledge, skills, and confidence and reduced barriers to adopting a plant-based diet.”



Clinical Outcomes: Diabetes/Low Income^{8,9}

Measured Outcome	Change
A1C	↓
Fruit/Vegetable Intake	↑
Cooking healthy food was difficult	↓
Frequency of scratch cooking	↑
Self-efficacy in meal planning/cooking	↑



Clinical Outcomes: Heart Failure¹⁰

Hands-on teaching kitchen-based nutrition education may occupy a critical role in:

- reducing ~ 100 hospital admissions
- saving ~ \$4000 per HF patient over a four-year period

If you give someone a fish, you feed them
for a day...

If you teach someone to fish, you feed
them for a lifetime!

Adapted Proverb/Lao Tzu¹¹



Who is the *You* in Culinary Medicine?

If *you* give someone a fish, you feed them for a day...

If *you* teach someone to fish, you feed them for a lifetime!



Who is the *You* in Culinary Medicine?

- Culinary Medicine: Healthcare Providers including Physicians, Registered Nurses, Pharmacists, Registered Dietitians
- A wide range of opportunities
- There is enough room for all of us¹²
- Do you have to be a trained Chef?
- Certifications




[Live Virtual Courses](#)

[On Demand Courses](#)

[In Person Courses](#)

[Trends in Medicine](#)



Culinary Health Education Fundamentals (CHEF) Coaching—The Basics

Course Dates: May 11, 2023-May 10, 2026

Original Release Date: May 11, 2020

Course Format: On Demand

[Register Now](#)

[Access My
Registration](#)

Reference 13

CERTIFIED CULINARY MEDICINE SPECIALIST



CULINARY MEDICINE CERTIFICATION FOR HEALTHCARE PROFESSIONALS

The Certified Culinary Medicine Specialist (CCMS) designation identifies clinicians who have a unique foundation for incorporating healthy eating into patients' diets: comprehensive knowledge of nutrition and the culinary techniques to prepare food that is consistent with real-world budgets, time constraints and nutritional ideals. Physicians, Physician Assistants, Pharmacists, Registered Dietitians and Nurse Practitioners are eligible for certification.

[APPLY NOW!](#)

[FREQUENTLY ASKED QUESTIONS](#)



*Health meets Food
by the
American College
of Culinary
Medicine*



C.H.E.F.S.

A Culinary Skills Program for Health

In partnership with [Living Plate Rx](#), we have created a new cooking skills program for health, **C.H.E.F.S.**, that represents the pillars of nutrition-related health behavior change: **Cooking, Healthy Eating, & Food Strategies.**



Kristy Del Coro, MS, RDN, LDN

Co-Founder



Jackie Topol, MS, RD, CDN

Co-Founder



**THE 4TH ANNUAL
A TASTE OF CULINARY NUTRITION FROM
AROUND THE GLOBE**



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Fuel Your Practice

Our experts create all the nutrition content and digital meal plans you need for your practice... so you don't have to!

Grow your practice — and help your clients achieve their goals — with Living Plate Rx.



Reference 16

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**CULINARY
NUTRITION**
STUDIO

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*On Demand
Courses*

Become Certified in
Culinary Nutrition.

LEARN MORE

Reference 17



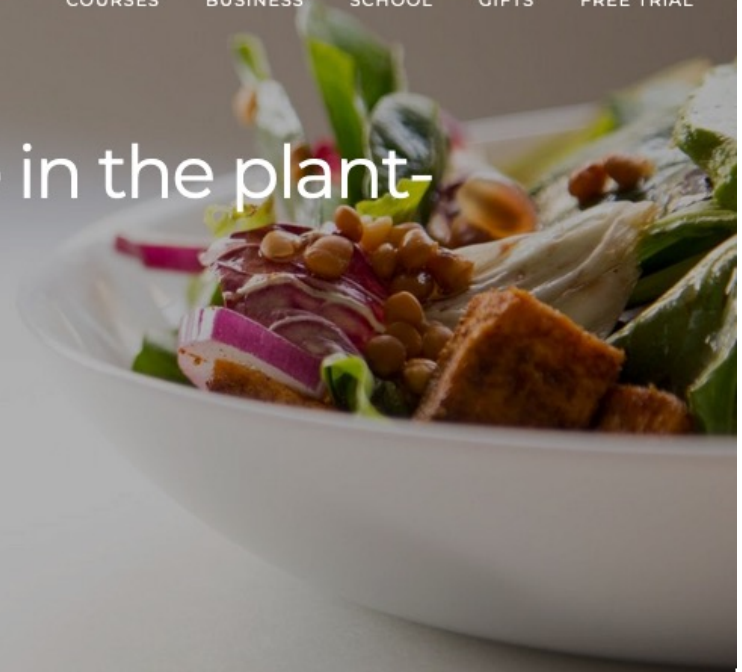
ROUXBE

COURSES BUSINESS SCHOOL GIFTS FREE TRIAL


Master your technique in the plant-based kitchen

Enroll today and start cooking

[VIEW COURSE DETAILS](#)



Reference 18




Food and Culinary Practice Group (DPG)¹⁹
Continuing Ed (no certificate)





American College of Lifestyle Medicine²⁰

Member Interest Group for Dietitians



This online course provides a foundational, evidence-based introduction to the field, focusing on nutrition education for the prevention and treatment of chronic disease.

- Introduction to Lifestyle Medicine module (1 hour)
- Food as Medicine: Nutrition for Prevention and Longevity module (3 hours)
- Food as Medicine: Nutrition for Treatment and Risk Reduction module (1.5 hours)

Non-member price: \$220 – FREE with code

www.lifestylemedicine.org/whconference

Promo Code: **WHC22**



Lifestyle Medicine & Food as Medicine **ESSENTIALS** Course

 AMERICAN COLLEGE OF
Lifestyle Medicine

CME Credits

5.5 AMA PRA

Category 1 Credit™

Culinary Medicine: Active Skill Building/ Behavior Change

If you give someone ~~a fish~~ *a printed handout*,
you feed them for a day...

If you teach someone to ~~fish~~ *cook*, you feed
them for a lifetime!



What does Culinary Medicine Look Like for You?

Depends on

- Skills
- Time
- Finances
- Space
- Support
- Local health department codes
- Cooking classes vs demos



Virtual Classes



Behind the Scenes for Virtual Events

- Lighting
- Rotating Laptop Stand
- I-Phone Tripod
- C-Stand
- Lavalier GO
Microphone





Community Events

Cancer Survivor Event

YMCA Family Event

PGA Golf Event

Heart/Garden Event



Farmer's Market "Chopped"²¹



Grocery Store (Marketing)



Teaching Kitchen



Teaching Kitchen

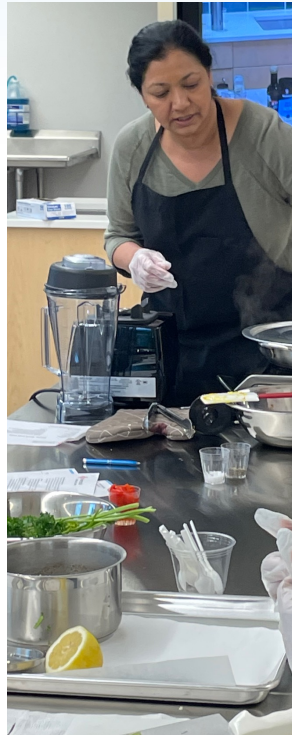




Bariatric Surgery Cooking Class



Shared Medical Visit



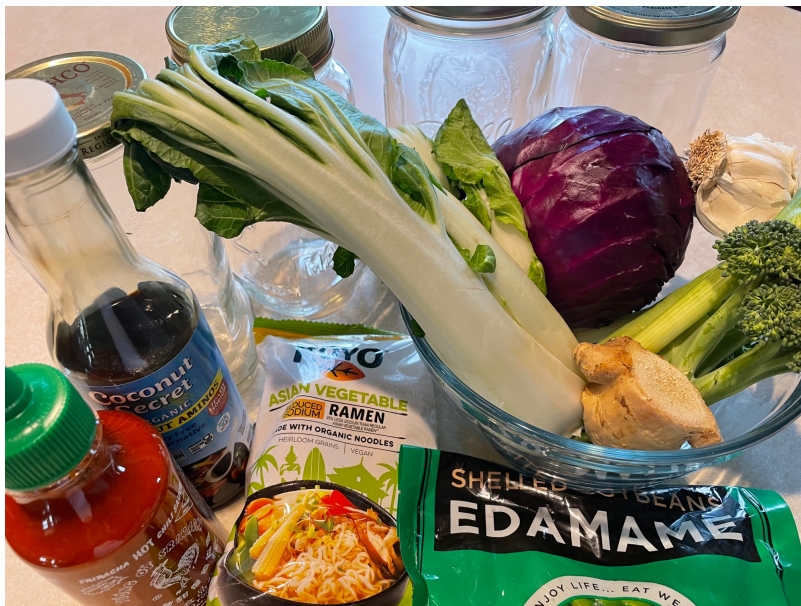
Continuing Medical Education



Dietetic Interns



Medical Students: Transition to Internship Workshops





Lifestyle Medicine Students Ten Week Academic Credit Courses





Culinary Arts Students
Eight Week Academic Credit Course
Allergies, Recipe Modification





Additional Skills

- Sanitation Manager Certification
- Purchasing/Inventory/Equipment
- Marketing/Communications



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Panel Discussion

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