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Culinary Medicine 101:

The Secret to Getting Your Advice Followed!

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Food & Culinary Professionals Practice Group
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Disclosures

Andrea C Kirkland, MS, RD is the owner of Culinary Med Ed, an online continuing education service that provides culinary-related courses to dietitians.

As a Senior Editor at Time Inc Books, she produced cookbooks and newsstand publications for national brands. She was an editor for the *Lodge Cast Iron Nation* cookbook. She's also a contributing recipe developer for Better Homes & Gardens, Eating Well, and Diabetic Living.

Currently, Andrea is a consultant and shareholder for Healthrageous, a food as medicine program that produces medically tailored frozen meals and behavior modification content.

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Learning Objectives

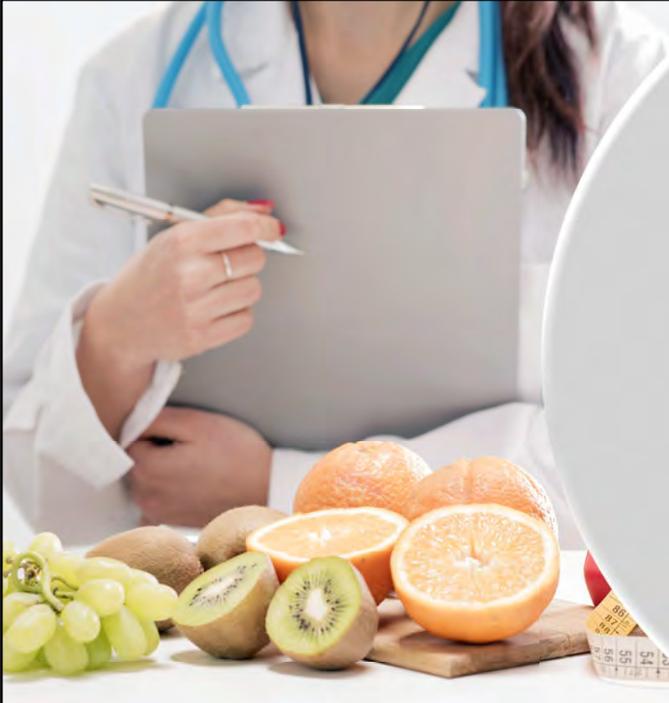
1. Discuss how culinary medicine can enhance a dietitian's practice.
2. List the top 6 barriers patients report they struggle with when adopting new cooking habits and discuss how to effectively address them with your target audience.
3. Identify 2 easy cooking techniques suitable for any skill-level and easily modifiable to address personal food preferences.



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Recent Research

In 2014, an adherence study found:

- **1.9 million patients**
- **80% with chronic disease**
- **4-14 diet consultations**
- **40-50% did not return**

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Recent Research

In 2014, an adherence study found:

- 👎 **Standardized Treatments**
Patients cited they wanted individualized plans.
- 👍 **Personalized Treatments**
Patients want an approach that addresses their individual and psychological needs, desires, and personal narrative.

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Recent Research

People who cook at home
5+ times a week:

- **Eat more fruits & veggies**
- **More likely to adhere to the Mediterranean & DASH Diets**
- **Less likely to have an overweight BMI & excess % body fat**

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Recent Research

Hands-on teaching kitchens
also have been shown to:

- **Improve diet quality**
- **Improve biometric measures**
- **Promote food cost savings**
- **Empower different age groups & cultures to cook more from home**
- **Build kitchen confidence**



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Recent Research

Well documents culinary education that targets specific needs of the population being served can improve health outcomes.

Small # of Participants =

- ✓ More Individual Attention
- ✓ Ability to Target Specific Conditions, Challenges & Barriers
- ✓ Can Be Utilized Beyond the Teaching Kitchen Arena

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Consumer Demand

Internet Users

Google reported that in 2019 health-related search queries equaled about

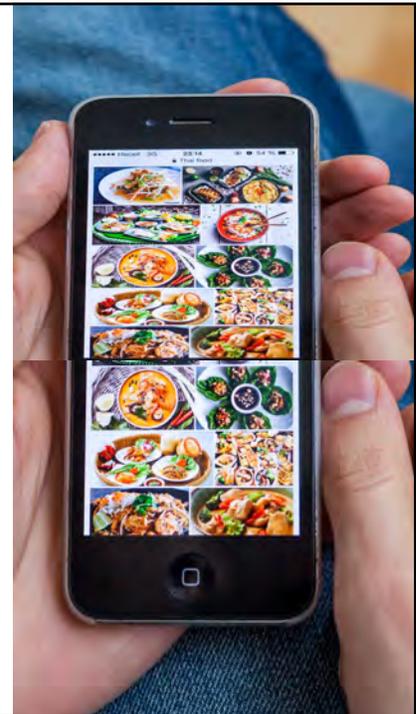
70,000 per minute **1 Billion** per day

Social Media Followers

A 2021 study by Instacart that polled 2000 US adults reported that

44% Shoppers made social media food

90% Of those shoppers added at least one new dish to their cooking routine



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What is Culinary Medicine?

The definition is evolving!

a new evidence-based field that combines the art of food and cooking with the science of medicine

-Dr. John LaPauma

uses an evidenced-based approach to translate nutrition research into practical use in home kitchens

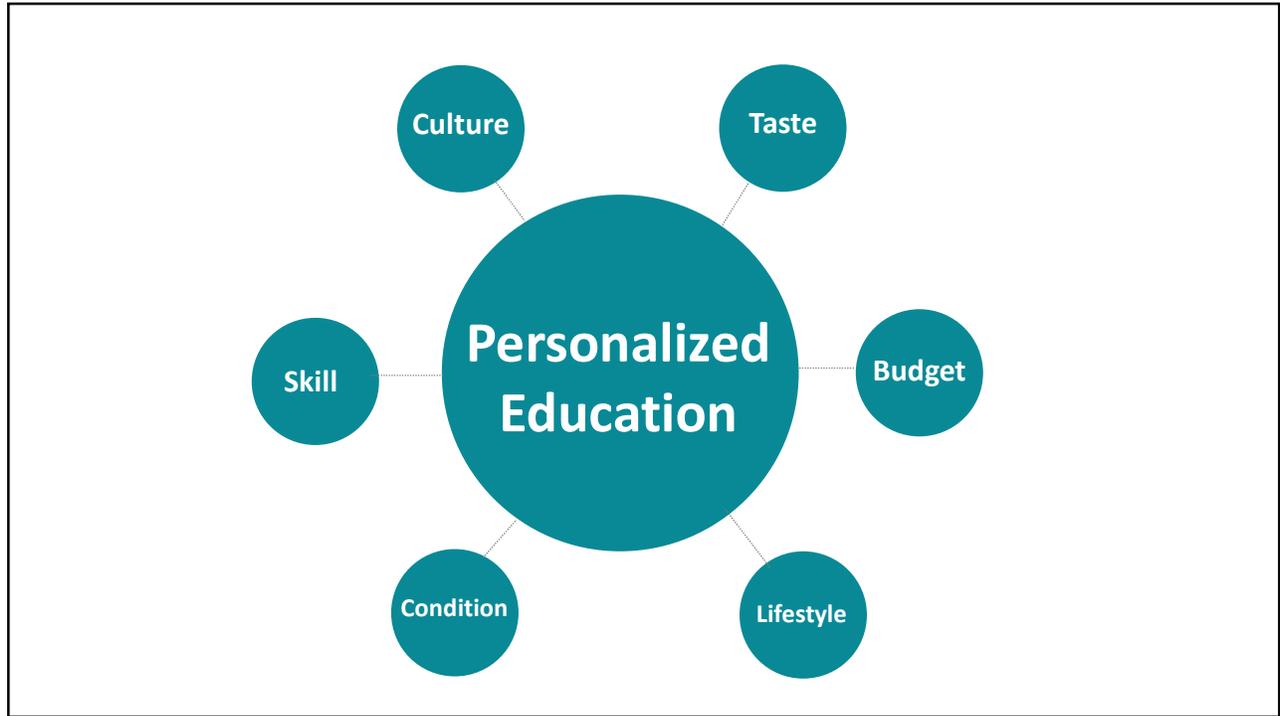
-Tulane University's Goldring Center

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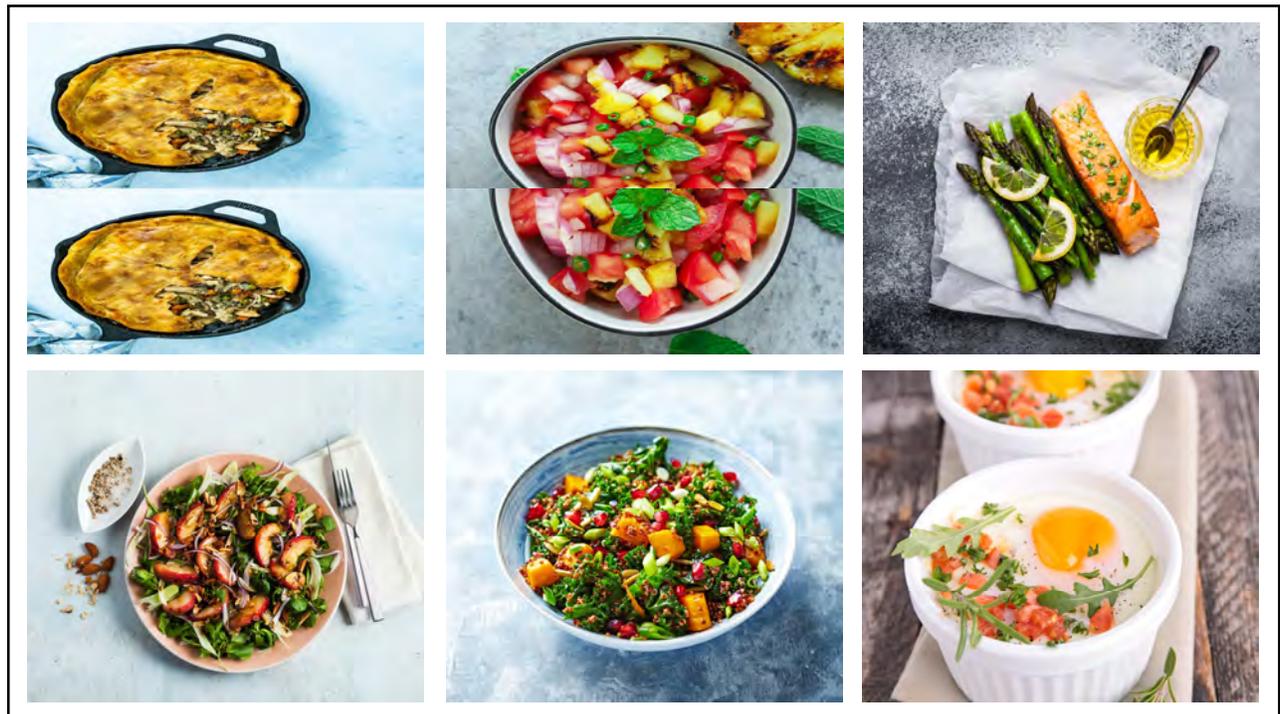
Evidenced-Based Nutrition
+
Personalized Cooking Education

Culinary Medicine

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HUNGRY?

Addresses a Variety of Needs

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Who Can Practice?

The practice can be used by almost all health professionals, including:

- **Dietitians**
- **Physicians**
- **Physician Assistants**
- **Nurse Practitioners**
- **Nurses**
- **Diabetic Educators**
- **Pharmacists**
- **Physical Therapists**



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What Skills Do You Need?

You can start with the basics! You don't have to be an expert chef or a media star.

- **Knife Skills**
- **Ingredient Expertise**
- **Equipment & Tool Knowledge**
- **Basic Cooking Techniques**
- **Meal Planning**
- **Kitchen Organization**



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...possibly
THIS!

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Skillet Enchilada Casserole

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Traditional Enchiladas

Many variations of enchiladas exist but most common iterations tend to be high in the following nutrients:

- **Calories**
Large portion sizes
- **Carbohydrates**
Tortillas & beans if included
- **Fat and saturated fats**
Cheese and oil used if tortillas and sauce are fried
- **Sodium**
Sauce, cheese, tortillas, and added salt to protein source

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Easy Enchilada Makeover

How to keep it tasty? Be strategic! Use similar ingredients, modify the technique, and consider your TA's eating pattern and needs.

Calories

Reduce portion sizes

Carbohydrates

Use less tortillas & beans if included

Fat and saturated fats

Reduce cheese, use heart-healthy oil, and skip the frying

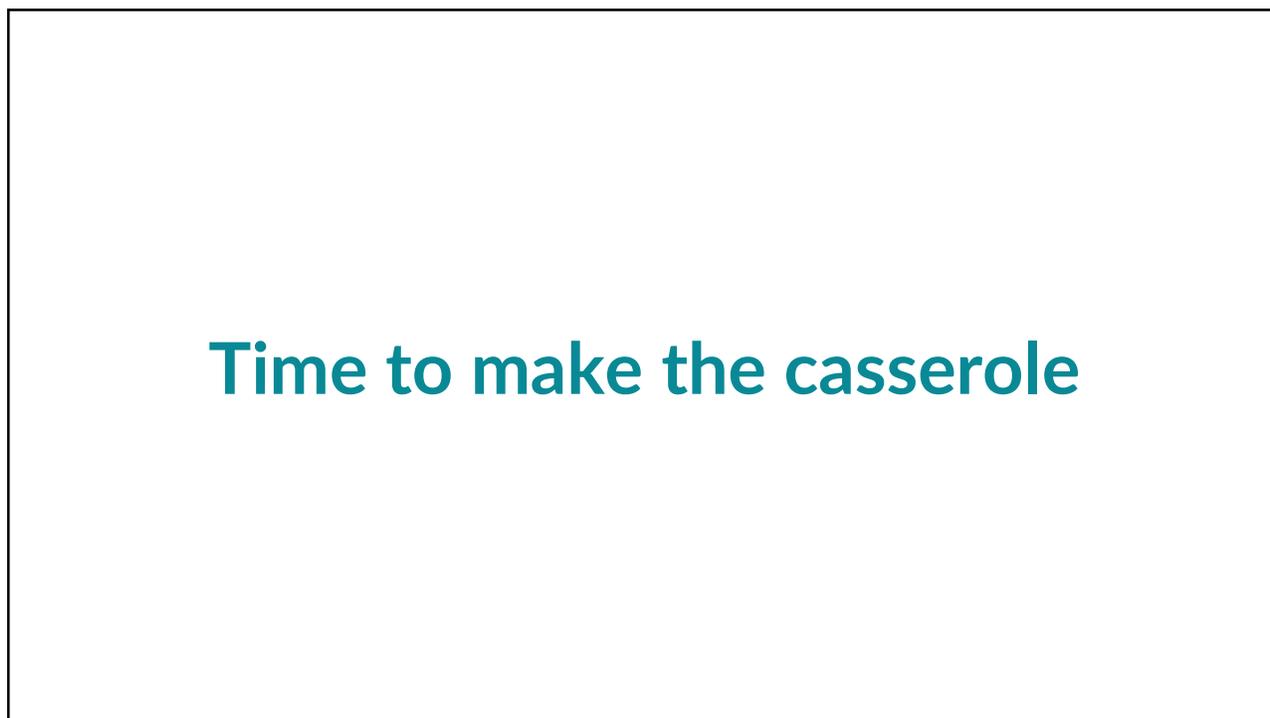
Sodium

Build flavor with spices and aromatics in a skillet, stretch the sauce with flavorful veggies, and use less salt overall

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Modification Comparisons

With any recipe modification, there's always potential trade-offs. Let your TA's needs guide the modifications you recommend.

	From-Scratch	Semi-Scratch	Pouch
Culture	authentic	popular alternative	similar flavor
Style	+1 hour make ahead freezer-friendly	30-minutes make ahead freezer-friendly	no prep pantry-stable
Cost	\$0.45/serving	\$0.70 per serving	\$0.80/serving
Nutrition	fresh ingredients <300mg Na ($\frac{1}{4}$ c) no added sugar	canned tomatoes 120mg Na ($\frac{1}{4}$ c) added sugar	processed 490mg Na ($\frac{1}{4}$ c) no added sugar

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Enchilada Bowls

As a variation, use the same sauce to create a plant-powered spin on a take-out favorite.

Sear & Chop Chicken

Use the fond to build flavor.

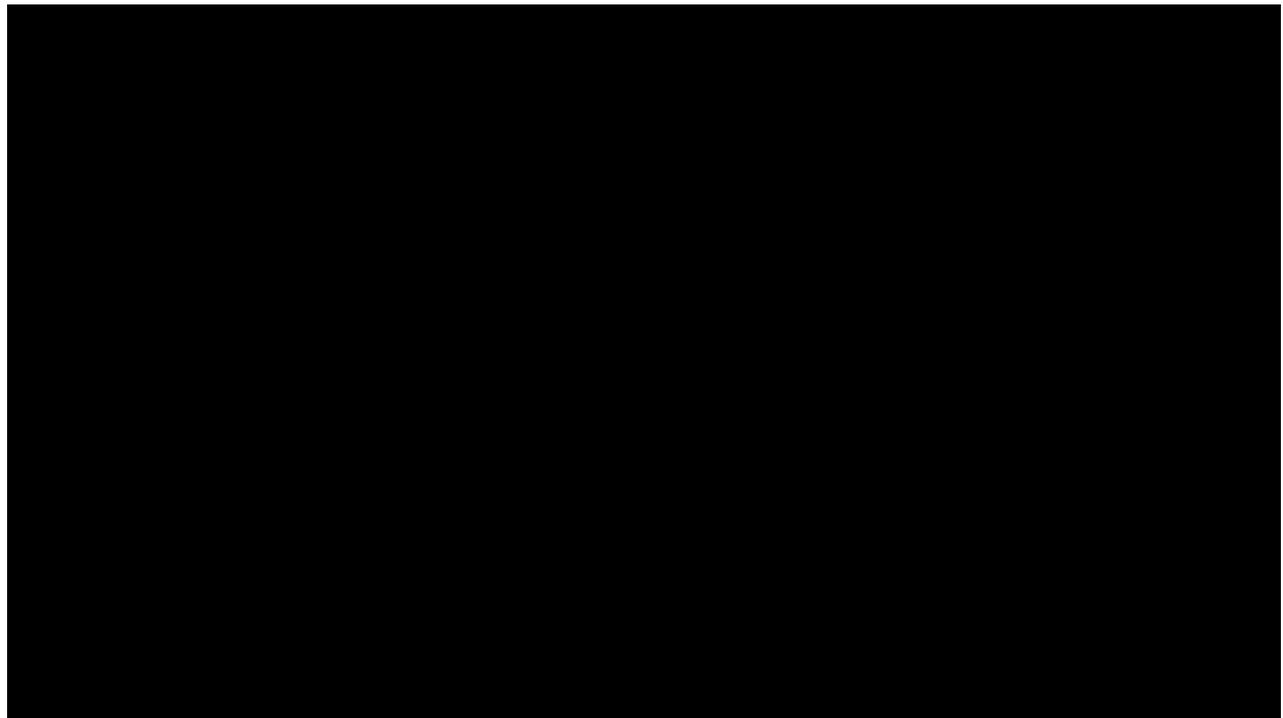


Build Bowl

Add grains, beans, & veggies.



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Factors to Determine

Ask your clients questions to identify their:

- **Cooking Skills & Confidence**
- **Interest Level**
- **Food Preferences**
- **Lifestyle**
- **Equipment**
- **Budget**



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Patient Resources

Keep a library of materials on hand such as:

- **Recipe Booklets**
- **Meal Plans**
- **Grocery Checklists**
- **Kitchen Equipment Checklist**
- **Community Resource Lists**



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Funding

Ways to help cover program cost include:

- **Grants**
- **Participant fees**
- **Sponsorships**
- **Organization's PR**
- **Partnerships**

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Key Takeaways

- **Client food preferences are deeply personal.**
- **Food prep, planning, and cooking knowledge helps make eating pattern transitions more sustainable.**
- **Culinary medicine can be implemented in numerous ways across different areas of practice regardless of size and scale!**

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