



Healthy Kitchens, Healthy Lives™

Caring for Our Patients and Ourselves

A Continuing Medical Education Conference Bridging Nutrition Science, Health Care, and the Culinary Arts

This semi-annual gathering of physicians, dietitians, nurses and other healthcare professionals; hospital, insurance, and other healthcare executives; and healthcare foodservice directors and executive chefs is held every spring and fall at The Culinary Institute of America at Greystone Napa Valley, California.

Overview

Physicians, nutritionists, economists and politicians, with unprecedented unity, are warning that the recent increases in obesity and diabetes are creating extraordinary public health challenges nationally and globally. According to a recent Institute of Medicine report: "The great advances of genetics and biomedical discoveries could be more than offset by the burden of illness, disability and death caused by too many people eating too much and moving too little over their lifetime."¹

How many doctors, nurses and other healthcare professionals are truly knowledgeable about the latest scientific evidence to distinguish "healthy" versus less healthy or unhealthy foods? How many know how best to successfully engage their patients to improve their nutritional choices and lifestyles? How many can serve as role models, coaches and teachers to shift the way adults think about purchasing, preparing, and enjoying healthy and delicious foods? In this conference, faculty members from Harvard Medical School and the Harvard School of Public Health present the state of the science of diet and nutrition.

These experts are joined by world class chef educators from The Culinary Institute of America who lead demonstrations and hands-on teaching sessions (literally "in the kitchen") for health care providers who wish to learn about selection, purchase and preparation strategies and techniques for healthy foods and healthy cooking. Conference attendees are not only exposed to the latest systematic reviews of nutrition science, they also prepare, taste, and learn to teach others to enjoy a broad selection of foods which can reduce disease risk and, ideally, replace unhealthy habits. The conference also explores issues of costs versus benefits, for individuals as well as society as a whole, and considers the value of healthy eating initiatives. USDA's Economic Research Service estimates that healthier food choices could save Americans \$90 billion dollars a year in medical costs and lost productivity.²



A goal of this conference is to transform attendees into ambassadors for and role models of healthy nutritional strategic change.



¹ The Institute of Medicine. *Preventing Childhood Obesity, Health in the Balance*. Washington, D.C.: National Academies Press, 2005.

² Frazão, E. "High Costs of Poor Eating Patterns in the United States." In: Frazão E, ed. *America's Eating Habits: Changes & Consequences*. Washington, D.C. Economic Research Service, U.S. Department of Agriculture, 1999

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Course Objectives

Through plenary lectures, culinary demonstrations, hands-on kitchen sessions, interactive workshops, and meals and tastings, attendees will achieve the following learning objectives.

1. To summarize what we know about opportunities to optimize our diets based on the current state of the science, as well as the current and likely future public health costs of inaction.
2. To provide sufficient information to distinguish various popular diets intelligently and to advise patients based on the science associated with these diets.
3. To provide state of the science updates pertaining to dietary fats, carbohydrates, proteins and the foods behind these findings.
4. To provide pragmatic information enabling conference attendees to advise patients/consumers thoughtfully about healthy menu strategies.
5. To engage executives from insurance companies, hospitals, educational communities, retirement facilities and the military to discuss successful strategies whereby health-promoting, nutritional options can be made increasingly available to the general public.
6. To understand American culinary trends, and how to make healthier menu and food choice strategies by leveraging an increasing interest in new flavors and world cuisines.
7. To explore cost issues for healthy food shopping, cooking and eating and approaches to healthy diets that can be affordable for low income individuals and budget-challenged families.
8. To learn, through hands-on training, about the preparation of a variety of healthy nutritional options including healthy salads, whole grains, healthy protein entrees, and vegetarian dishes.
9. To discover strategies for healthy cooking and eating that are easy, fast and efficient.
10. To review the latest research demonstrating the critical importance of proper exercise and mindfulness with regard to dietary food choices and weight management.
11. To gain an overview of resources for reference material, newsletters and websites in nutrition, weight-management and healthy cuisine.





Culinary Objectives

This document outlines learning objectives for culinary demonstrations, meals, snack breaks, hands-on kitchen sessions, and workshops.

- Attendees will have multiple opportunities to **SEE, TASTE, and MAKE** simple, delicious, healthy **recipes** they can share with patients and family members. Many recipes will be prepared, and a small number will be featured more than one time. For example, a recipe may be featured during a morning chef demonstration, served at the morning break, and featured in an afternoon workshop. The majority of the recipes for this conference will be fairly quick and easy to prepare and contain ingredients readily available in most U.S. supermarkets.
- Attendees will receive an introduction to basic **culinary information and skills** they can share with their patients and family members, including:
 - how to promote **food safety** by washing hands frequently, storing foods at proper temperatures, and avoiding cross-contamination
 - how to use the **"plate method"** for planning healthy meals (e.g., 1/2 plate covered with vegetables, 1/4 with whole grains or legumes, and 1/4 with lean protein)
 - how to stock your kitchen with **essential kitchen tools & equipment** and how to stock your pantry with **essential ingredients**
 - how to use **essential kitchen tools and equipment** (e.g., knife skills, how to use a steamer basket, etc.)
 - basic **cooking techniques** (e.g., sauté, steam, roast, pan sear, braise)
 - basic **healthy flavoring techniques** (e.g., using spices, herbs, sauces and aromatics to make good-for-you dishes taste great!)
 - how to **assemble a quick, healthy meal from convenience products** on days when there is no time to cook (e.g., using bagged salads, rotisserie chicken, canned beans, etc.)
- Through demonstrations, hands-on sessions, and workshops, attendees will learn how to prepare five foods or meal components that demonstrate useful cooking techniques, including:
 - how to prepare one or more **whole grain side dishes or breakfast items** (e.g., using a rice cooker or steamer, using whole grains as side dishes and in main entrees; combining whole grains with dried fruit, toasting nuts to bring out flavor, making muffins or quick breads with olive oil, whole grains, nuts and fruit)
 - how to prepare **vegetable-based salads** (e.g., how to prepare produce, how to prepare an olive oil vinaigrette, how to store vegetable oils) or **vegetable-based soups** (e.g., how to prepare produce, how to sweat aromatics, how to balance flavors)
 - how to prepare a piece of **lean meat, poultry or fish** (e.g., grilling, searing, steaming, baking in parchment, stir frying, etc.)
 - how to prepare a **fruit dessert** (e.g., poaching or grilling fruit, fruit crisps with whole grains and nuts, preparing attractive fruit platters)
- Attendees will also learn tips they can share with patients about how to **eat healthfully in restaurants** (e.g., special requests for chefs).

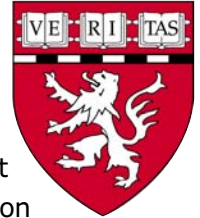
In summary, attendees will learn the requisite knowledge and skills that will help them better motivate their patients (and themselves!) to adopt more healthful shopping, cooking, and eating habits and behaviors.





Harvard Medical School

Harvard Medical School, established in 1782, is one of the world's most prestigious and respected institutions of medical science and practice. HMS is an established leader in the research and development of health and wellness strategies and cites poor nutrition as a major cause of illness in today's Western society.



The HMS Division for Research and Education in Complementary and Integrative Medical Therapies and the HMS Osher Research Center, co-presenters of this "Healthy Kitchens, Healthy Lives" initiative, were created to facilitate interdisciplinary and inter-institutional faculty collaboration for purposes of research evaluation of complementary and integrative medical therapies, delivery of educational programs to the medical community and the public, and investigation of the design of sustainable models of complementary and integrative care delivery in an academic setting.



The Culinary Institute of America

The Culinary Institute of America is the world's premier culinary college whose faculty and alumni set the pace in the ever-expanding foodservice and hospitality industries. The CIA has a long-standing commitment to healthy cooking initiatives and the integration of healthy, world flavors in the future of American menu research and development. Founded in 1946, the CIA offers bachelor's and associate degrees, coursework for foodservice professionals and opportunities for professional certification, and operates two campuses, one in New York (Hudson Valley) and the other in California (Napa Valley).



The CIA's historic Greystone campus, the site for this "Healthy Kitchens, Healthy Lives" conference series, is situated in the middle of California's Napa Valley, one of the world's most celebrated wine producing regions. With its leadership initiatives in menu development, flavor and health and wellness — and its world-class teaching kitchens and other state-of-the-art teaching and research facilities — the CIA at Greystone has become an epicenter for innovation and a culinary "think tank" for the American foodservice industry.

**For more information, please visit
www.healthykitchens.org**