

HEALTH *meets* FOOD®

Health meets Food offers an innovative, integrated approach to nutrition education for culinary students and foodservice professionals.

The comprehensive curriculum focuses on the significant role that food choices and nutrition play in preventing and managing obesity and associated diseases in America.

Bringing basic science curriculum together with culinary education, Health meets Food offers a more complete view of how chefs and foodservice professionals can incorporate dietary intervention strategies into their menus in a way that is both meaningful and delicious.

Through a combination of online programming and hands-on courseware, chefs and foodservice professionals learn the practical aspects of lifestyle change necessary to help them transform their professional lives.



Foodservice Professional Programming

Health meets Food offers Culinary Medicine programming for chefs and foodservice professionals to increase their understanding of the role of diet, lifestyle, and nutrition in health and disease.

The core curriculum focuses on nutritional and physiological function to give participants a strong foundation upon which they can build a repertoire of strategies to make recipes healthier without sacrificing flavor. Taught from a food-first perspective, the courseware takes into account the workflow needs of foodservice professionals including sourcing, recipe and menu design, as well as food cost - to create great food that just happens to be healthy.

HEALTH *meets* FOOD®

An initiative to
promote culinary
literacy -
and change
the course of
chronic disease
in America

HEALTH *meets* FOOD®



Core Curriculum

- 1

Introduction to Culinary Medicine
This introductory module outlines the Mediterranean diet principles and examines state of the art research and effectiveness in terms of treating diet-related illnesses. Programming covers the 9-point Mediterranean diet score and explores how to translate Med Diet principles for the American kitchen using familiar recipes.
- 2

Macronutrients
The Macronutrients module explores each of the three macronutrients in depth, from food sources to structure and function to contribution to health.
- 3

Micronutrients
The Micronutrients module focuses on key vitamins and minerals essential for good growth, maintenance, and repair of the body. Participants learn the food sources for vitamins and minerals and how best to preserve them while preparing recipes. There is a focus on sodium's role in flavor development and taste perception.
- 4

Gastrointestinal Tract: Digestion, Absorption, & Metabolism
The gastrointestinal tract is key to human health and this module covers the GI tract anatomy, its organs and their key functions. Participants follow a meal throughout the process of digestion, absorption, and metabolism to see how the nutrients are provided to the body.
- 5

Recipe Modification
This module looks at the science of cooking and ingredient functions. Participants will gain an understanding of how to determine appropriate ingredient substitutions based on functions and modification goals without a loss in product quality, texture, or taste.
- 6

Calorie and Nutrient Density: Plant Forward Cuisine
This module describes how including more plants in a dish can directly impact both customer satisfaction and the bottom line. Programming covers calorie density and its impact on portion size as well as nutrient density and its impact on health, satiety, and portion size.
- 7

Anti-Inflammatory Diet
This module explores the relationship between foods, advanced glycation end products, free radicals, and inflammation. There is a focus on the role of inflammation in heart disease, stroke, COPD, cancer, Alzheimer's disease, diabetes, and kidney failure, as well as the inflammatory pathways and where food fits in it.
- 8

Allergy & Intolerance
This module focuses on techniques for cooking for food allergies or intolerances. This module explores common plant phytochemicals, genetically modified foods, and common preservatives in immune and metabolic health, environmental impressions, and economic impact. Programming covers hidden and little-known sources of allergens.
- 9

Celiac Disease
This module is a detailed overview of Celiac Disease, from diagnosis to treatment. The module includes a review of the evidence on non-Celiac gluten sensitivity. Key points behind the pathophysiology of Celiac Disease as well as the health risks associated with Celiac Disease are covered. Attendees learn about the social impact of gluten sensitivity and cook gluten-free recipes in the kitchen.

Cooking for Disease States

- 10

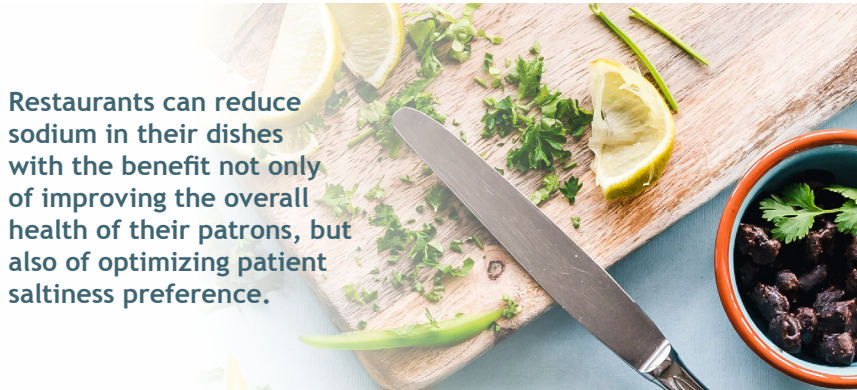
Renal
- 11

Diabetes
- 12

Heart Disease
- 13

Cancer Nutrition: Prevention & Diet After Diagnosis
- 14

Obesity & Weight Management



Restaurants can reduce sodium in their dishes with the benefit not only of improving the overall health of their patrons, but also of optimizing patient saltiness preference.

Foods Across the Lifecycle

- 15

Nutrition and Aging
- 16

Pregnancy Nutrition
- 17

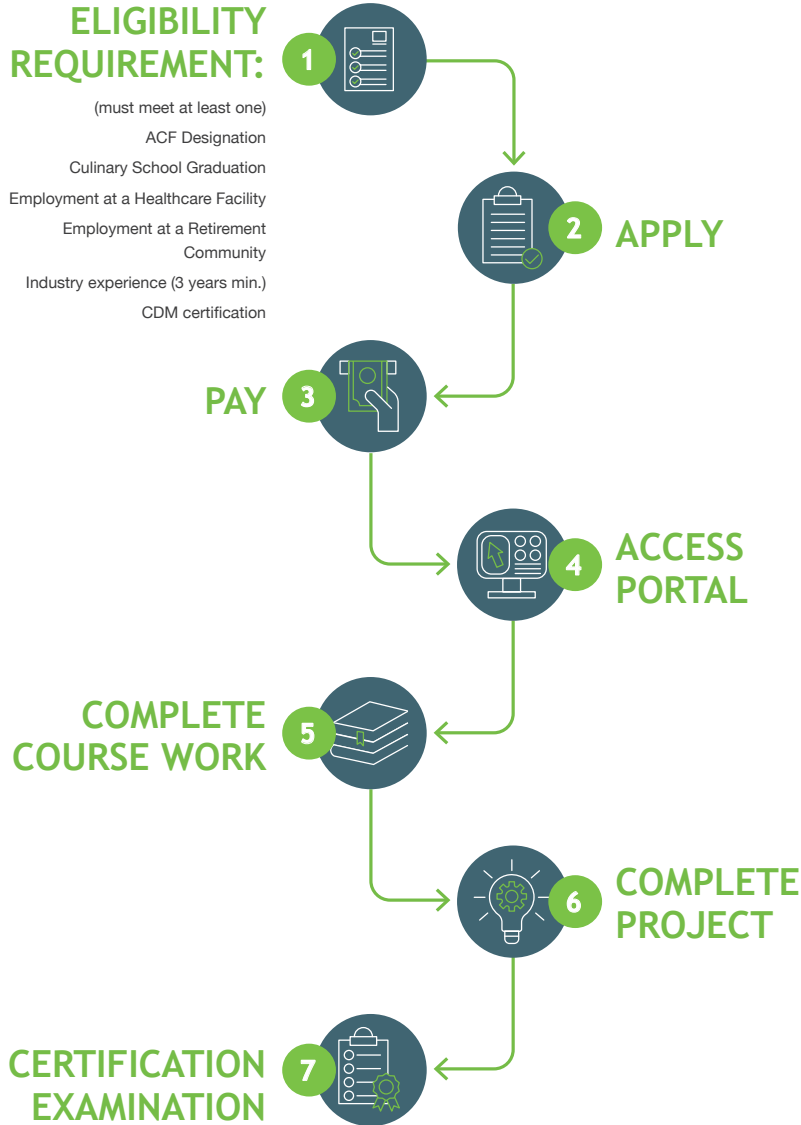
Pediatric Nutrition: A Family Approach to Healthy Children
- 18

Sports Nutrition
- 19

Myths, Fad Diets, Supplements & Controversies
- 20

Food Safety & Sanitation

Foodservice Professional Certification Pathway



“71% of chefs rank taste as the most influential factor in the success of reduced-calorie items”*

“93% of chefs believe that calories in menu items can be reduced by 10 - 25% without customers noticing”*

*Obbagy JE, Condrasky MD, Roe LS, Sharp JL, Rolls BJ. Chefs Opinions About Reducing the Calorie Content of Menu Items in Restaurants. Obesity. 2009;19(2):332-337. doi:10.1038/oby.2010.188. <https://www.culinology.org/blog/top-trends-in-food-and-drink>