

Streamlining Knowledge: The Development of a Culinary Medicine Research Database

In coordination with the American College of Culinary Medicine (ACCM):

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Abstract

Research in the field of Culinary Medicine is rapidly expanding. With the increasing number of journal articles published worldwide, there is a growing need for a consolidated resource that clinicians and researchers can easily access. Additionally, the lack of oversight regarding the quality of published data in Culinary Medicine raises concerns, especially as more patients and communities rely on nutrition as a key factor in maintaining overall health and well-being.

This project utilizes Zotero, a free and open-source reference management software, to improve the accessibility of Culinary Medicine research by extracting and vetting relevant literature, given the absence of PubMed MeSH terms for this field. Student researchers self-assigned sets of articles and categorized them using a standardized tagging system. The initial collection was then presented to the Research Committee of the American College of Culinary Medicine for review, where members provided feedback on the selected terms.

Currently, the database contains over 239 articles and has 324 registered users. This initiative aims to provide researchers with high-quality resources in the growing field of Culinary Medicine. As the database continues to expand, ongoing efforts will be necessary to maintain, refine, and enhance its utility for future users.

Background

- **Zotero**: free and open-source reference management software which helps researchers collect, organize, cite, and share research materials. The site:
 - Saves references from websites, journal articles, etc.
 - Automatically generates citations in multiple formats
 - Allows easy collaborate by creating shared libraries
 - Integrates with word processors and browsers to manage research and insert citations efficiently

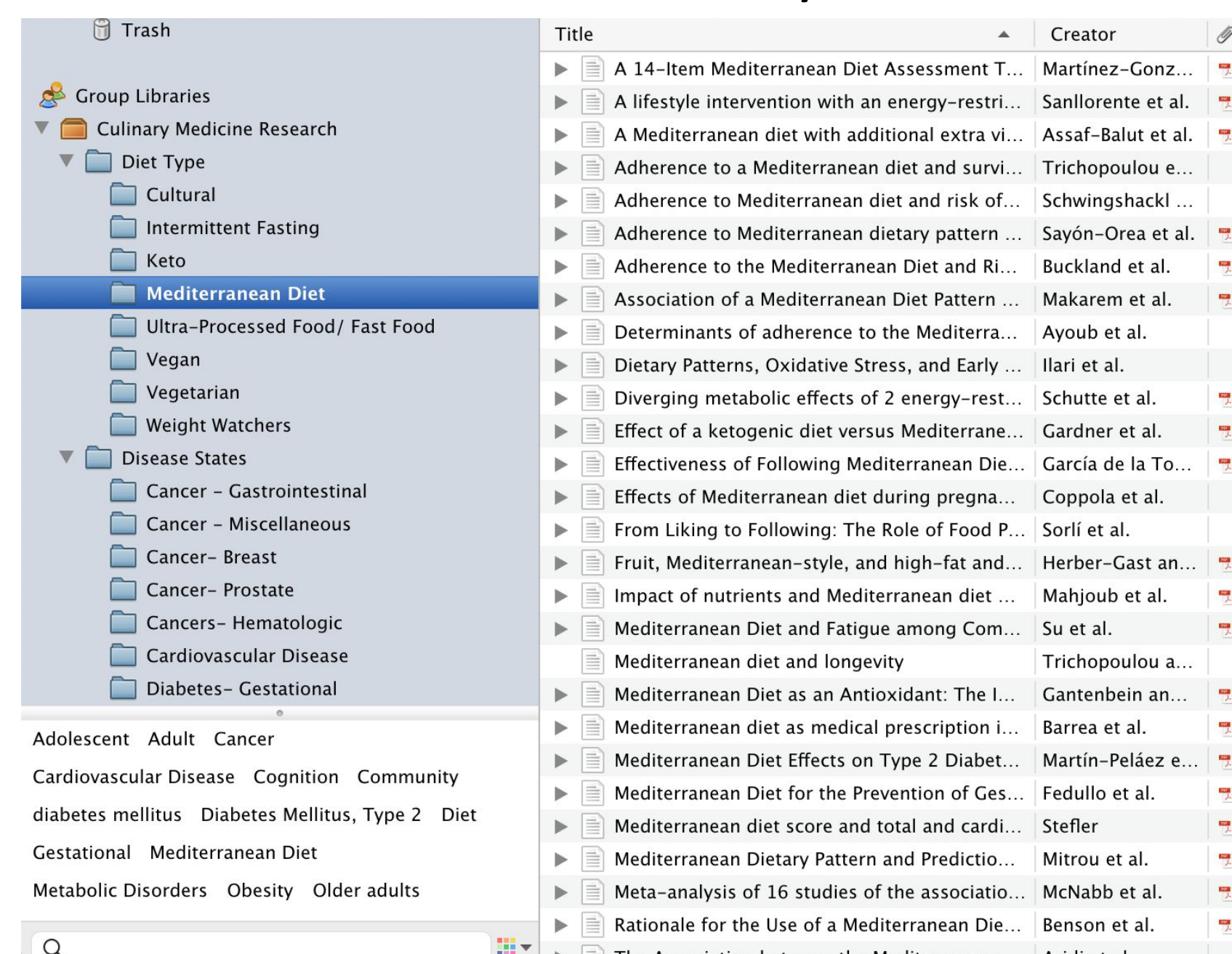


Figure 1: A screenshot of the Zotero library that shows categories and tags. Zotero allows categories to be their own folders and tags increases ease of use for searches made by researchers.

Request to join the Zotero group library by scanning below:



Methods

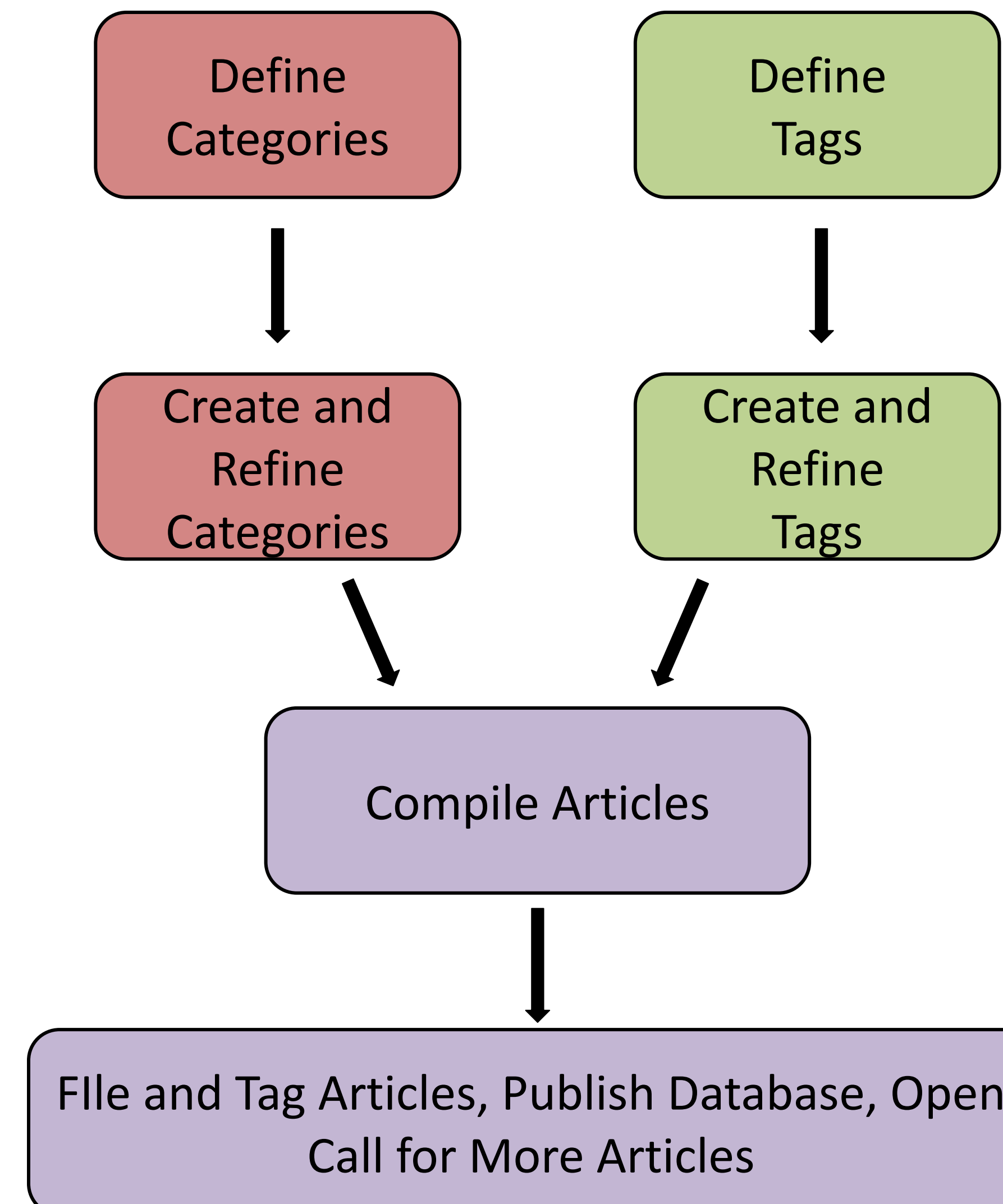


Figure 2: Flowchart of process for database creation. Input from ACCM's Clinical Practice Committee was incorporated at each step.

Defined **categories** as the main overarching theme of the research paper.

Defined **tags** as specific concepts within an article not encompassed by the category. Tags often reach across categories.

Disease States	Strategies for Intervention / Nutrition Education	Diet Type	Miscellaneous
Cancer- Breast Cancer- Prostate Cancer- Hematologic Cancer- Miscellaneous	Pediatrics	Cultural	Basic Sciences
Cardiovascular Disease	Cardiology	Intermittent Fasting	Billing
Diabetes- Gestational Diabetes- Type I Diabetes- Type II	GI	Keto	Conferences and Meetings
Gynecologic/Obstetric	Interprofessional Nutrition Education	Weight Watchers	Funding
Obesity	Culinary Medicine Programs	Mediterranean Diet	Guidelines
Mental Health	Senior Centers	Ultra-Processed	Commentaries
Total: 22	Total: 11	Total: 8	Total: 6

Table 1: Selected categories and subcategories are shown as examples. The total number of subcategories (as of May 2025) for each category is shown in the last row.

Tags Include:

- Adult
- Pediatrics
- Adolescent
- Older Adult
- Gestational
- Women's Health
- Men's Health
- Social Determinants
- UME
- GME
- CME
- Undergraduate Community
- Literacy
- Cardiovascular disease
- Metabolic disorders
- *Cancer***
- *Diet***
- Physically Limited Patients
- Minority populations
- Cognition **also appear as categories*

Results

As of May 2025:

- **324** ACCM members granted Zotero Group Access
- **239** articles added to the database
- **47** categories
- **20** tags (limited to maintain organization within online platform at culinarymedicine.org)

Discussion

- Multiple iterations to discern where to place papers falling under multiple categories
- Ease of use of Zotero vs online platform
 - Necessary to adjust tags strategy for online browsing
- Zotero group gives members PDF access when available

Conclusion

- It is feasible to create a usable, free-access, public database for a growing field in research.
- It is necessary to identify quality research pieces that can inform and guide clinical practice in the field of Culinary Medicine.
- Limitations include the need for continuous updating of categories and tags as new papers come out, as well as addressing any overlaps in tags and categories.

Future Directions

- Future directions include creating a monthly Top 10 Culinary Medicine articles list that can highlight newly published articles.
- We also hope to expand the current categories and tags to include topics such as Food Insecurity.

Acknowledgments

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