Familiar Flavors: Culturally Tailored Culinary Medicine One-Pagers to Advance Inclusive Nutrition Counseling

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References

Purpose

To improve medical student knowledge, confidence, and application of culturally tailored nutrition counseling by developing evidence-based, cuisine-specific dietary tools. This project aims to support patient-centered management of chronic conditions while addressing gaps in culturally inclusive dietary education.

Methods

Study Setting: Burnett School of Medicine at TCU; Culinary Medicine elective and affiliated clinical settings.

Intervention Development:

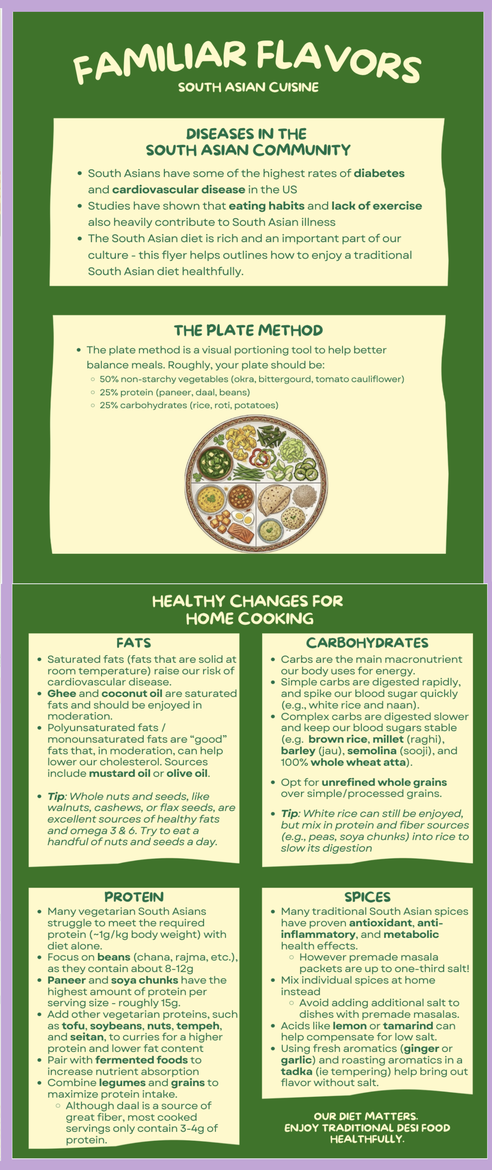
- Designed four one-page nutrition counseling tools centered on: American Comfort foods / Barbecue, Latin American / Tex-Mex, South Asian, East Asian
- Each pamphlet:
  - Maintains cultural integrity of staple ingredients
  - Provides evidence-based dietary swaps (e.g., sodium reduction, fiber increase, lean protein substitutions, cooking method modifications) for cooking at home as well as eating out
  - Includes visual layout refined for clinical use

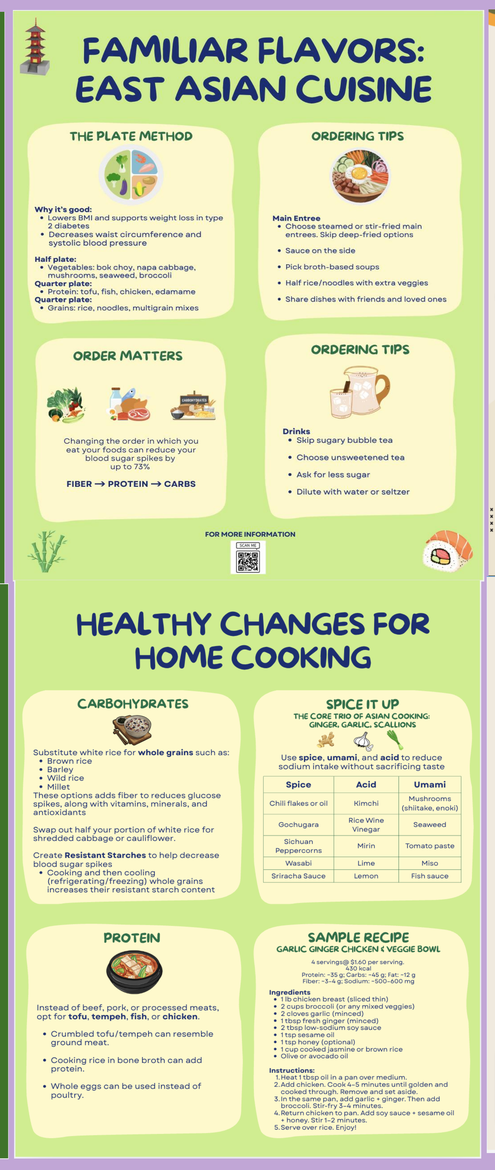
Educational Component:

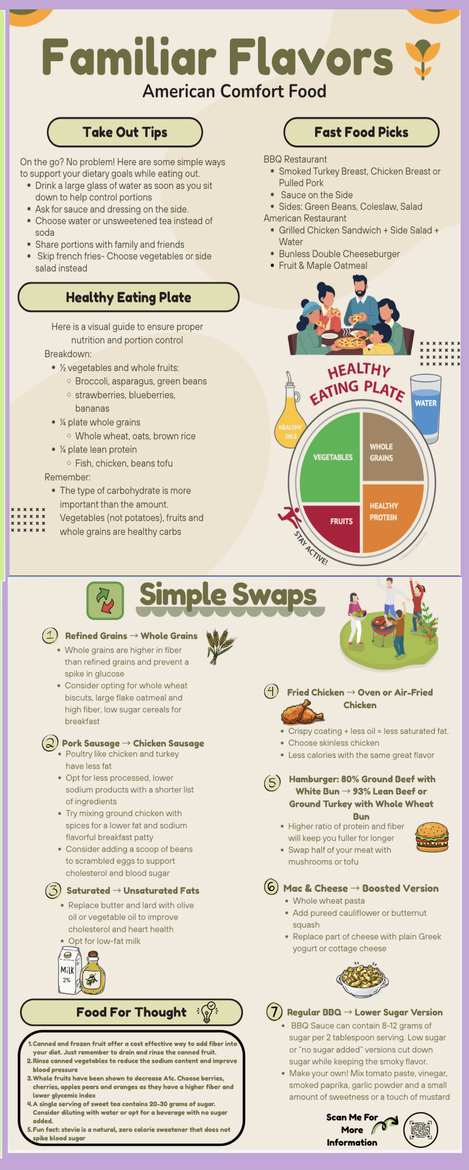
- To be Integrated into medical student nutrition programming.
- Emphasized personalization, cultural humility, and practical counseling language.

Planned Evaluation:

- Post-participation reflective debrief with students assessing:
  - Changes in knowledge
  - Changes in attitudes toward culturally tailored counseling
  - Self-reported confidence in providing cuisine-specific recommendations
  - Discussion prompts will explore whether students have applied these concepts in clinical encounters.
- QR code embedded in pamphlets for optional anonymous feedback from patients.







Anticipated Results

Participation in this project is expected to increase medical student awareness of the importance of incorporating cultural food practices into nutrition counseling. Qualitative debrief discussions will assess changes in knowledge and confidence in delivering culturally relevant dietary recommendations (Kirkpatrick Level 2), as well as explore whether students applied these concepts in clinical encounters to evaluate early behavioral changes in counseling practices (Kirkpatrick Level 3).

Conclusions, Reflections, and Future Goals

This project demonstrates students' ability to apply culturally informed nutrition knowledge through the development of educational pamphlets tailored to four common local cuisines. Students will reflect on challenges encountered during development and implementation, and, in collaboration with faculty, propose dissemination of these materials to students and clinical preceptors to enhance culturally sensitive counseling. Structured feedback from preceptors will be used to refine and improve future iterations of the materials.

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