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# Culinary Medicine





## Definitions



Culinary**Medicine**

- Culinary medicine **is not** nutrition, dietetics, or preventive, integrative, or internal medicine, nor is it the culinary arts or food science.
- culinary medicine **is** a new evidence-based field in medicine that blends the art of food and cooking with the science of medicine.



- Culinary medicine is aimed at helping people reach good personal medical decisions about accessing and eating high-quality meals that help prevent and treat disease and restore well-being.



- “What do I eat for my condition?”
- food is condition-specific, the same diet does not work for everyone.
- Different clinical conditions require different meals, foods, and beverages

## مخزن الادويه

طبخ؟

برخی طاقت طبخ ندارند:

عدس، ترب، کلم، گوشت مرغ

غذاها؟

کیفیت و مزاج



## Five reasons for the rise in interest in culinary medicine :

1. interest in eating out away from home
2. dissatisfaction with conventional medical approaches to chronic illness
3. highly processed and convenience foods, accompanied by an increasing suspicion of their health value
4. The rising cost of health care, some 30% of low-income older US adults having to choose between purchasing medication or food
5. A revived enthusiasm for additive-free organic food





## Medical education

- The first cooking and nutrition elective in a US medical school was taught in 2003
- the first annual Harvard Healthy Kitchens, Healthy Lives postgraduate course for clinicians was taught in 2007
- the first culinary medicine center in a US medical school opened at Tulane in 2013
- At least 10 US medical schools teach culinary medicine to undergraduates as elective courses in their undergraduate curricula



## Medical education

- Culinary medicine Continuing Medical Education (CME) courses have been offered through NACCME (North American Center for Continuing Medical Education)
- 16 Several hospitals now offer culinary medicine programs to clinicians and to the public.

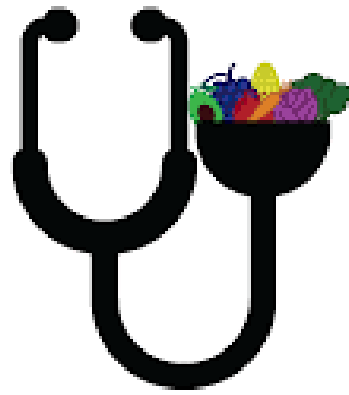



Culinary Medicine

# Dietary Approaches to Dyslipidemia and Cardiovascular Risk Reduction

5.1.2024





 **Penn**  
**CULINARY  
MEDICINE**



**The Goldring Center  
for Culinary Medicine**

**TULANE UNIVERSITY**