

How to Build a Culinary Medicine Program

November 28th, 2023



MICHAEL & SUSAN DELL CENTER *for* HEALTHY LIVING



Healthy children in a healthy world.

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

STRATEGIC PLAN GOALS



Funding for this webinar series provided by:



Michael & Susan Dell
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 UTHealth Houston
School of Public Health



Center Resources



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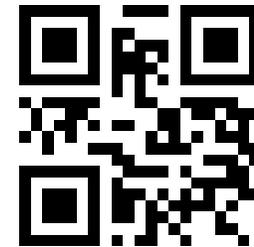
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go.uth.edu/TexasChildHealth



**VISIT OUR
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**Scan to view our
Legislative Initiatives**



Prevention and Management of Type 2 Diabetes Through the Integration of Cooking Skills into Nutrition Education

Wednesday, November 29, 2023, 11-12 PM (CST)



Natalia I. Heredia, PhD, MPH

Assistant Professor

Health Promotion & Behavioral Sciences

Michael & Susan Dell Center for Healthy Living

UTHealth Houston School of Public Health

Register Now

November is National Diabetes Month. Join this webinar to learn about the details of and results from two different health programs aimed at diabetes education. Dr. Heredia will discuss two programs: 1) combined cooking skills and nutrition education for adults with Type 2 Diabetes with elevated HbA1c and 2) adding cooking classes to individuals enrolled in the National Diabetes Prevention Program. Join us to learn more!



HOW GOOD FOOD WORKS

We teach people how to **grow**, **prepare**, and **share** food that encourages lifelong health and well-being through hands-on evidenced-based classes taught across our garden, kitchen, clinic, and community.

COOKBOOK



nourishprogram.org



nourish@uth.tmc.edu



[@nourishprogram](https://www.instagram.com/nourishprogram)

- **Vision**

A healthier, happier life through cultural food traditions.

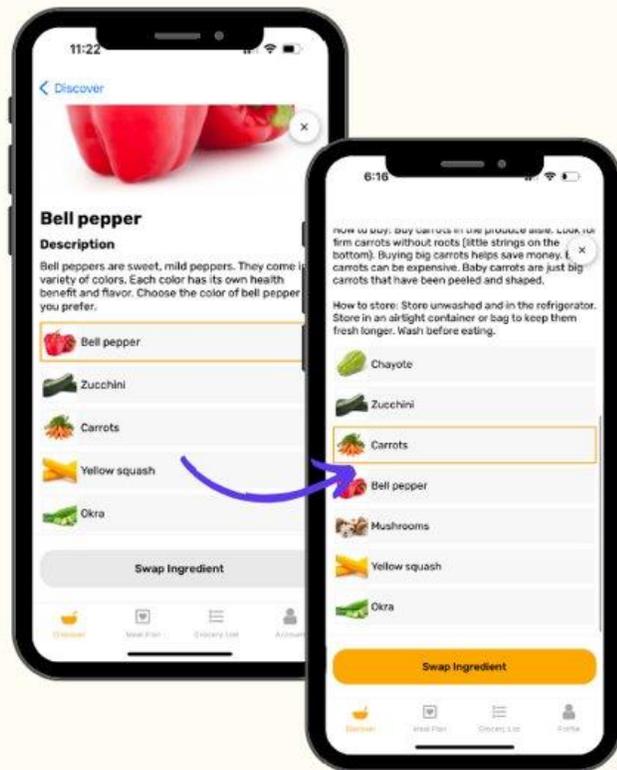
- **Mission**

We inspire people to embrace the healthy, sustainable joys of the old ways of eating.

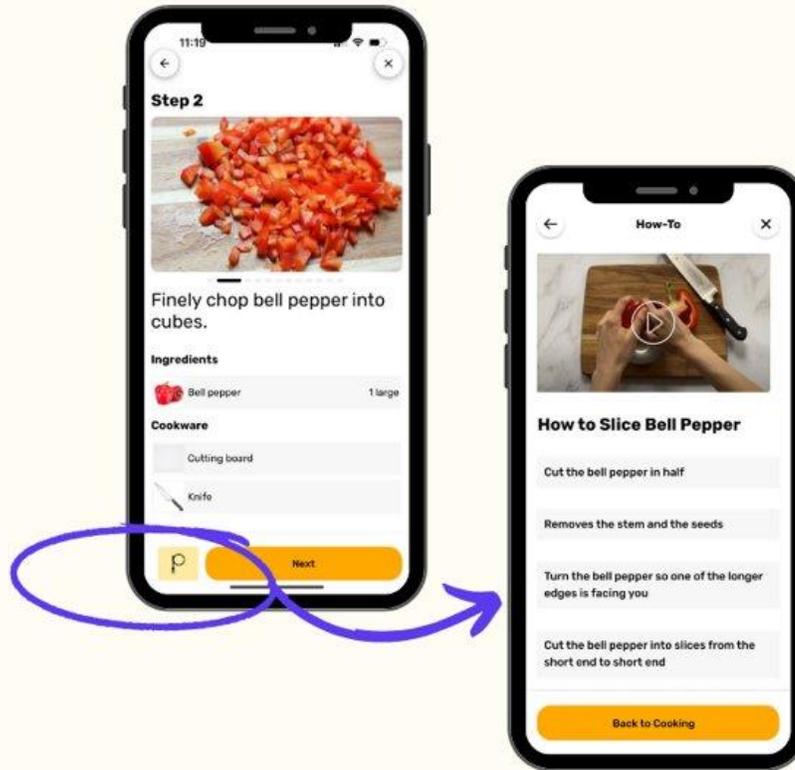
- **Best Known for**

Creating the Mediterranean Diet Pyramid and other Heritage Diet Pyramids, Creating the Whole Grain Stamp, Culinary Travel





Customizes recipes to the foods you like or have on hand



Offers multi-media nutrition and culinary education



Addresses social deterrents of health and language barriers

Presenters



Moderator

Diana Guevara, MPH, RD, LD
Community Health Education Specialist
UTHealth School of Public Health
Nourish Program



Presenter

Olivia Thomas, MS, RDN, LD
Co-Founder & CIO | Rewire Health
Director of Nutrition Innovation and
Implementation | Boston Medical Center



Presenter

Adante Hart, MPH, RD, LD
Outreach Dietitian | Oldways and
consultant



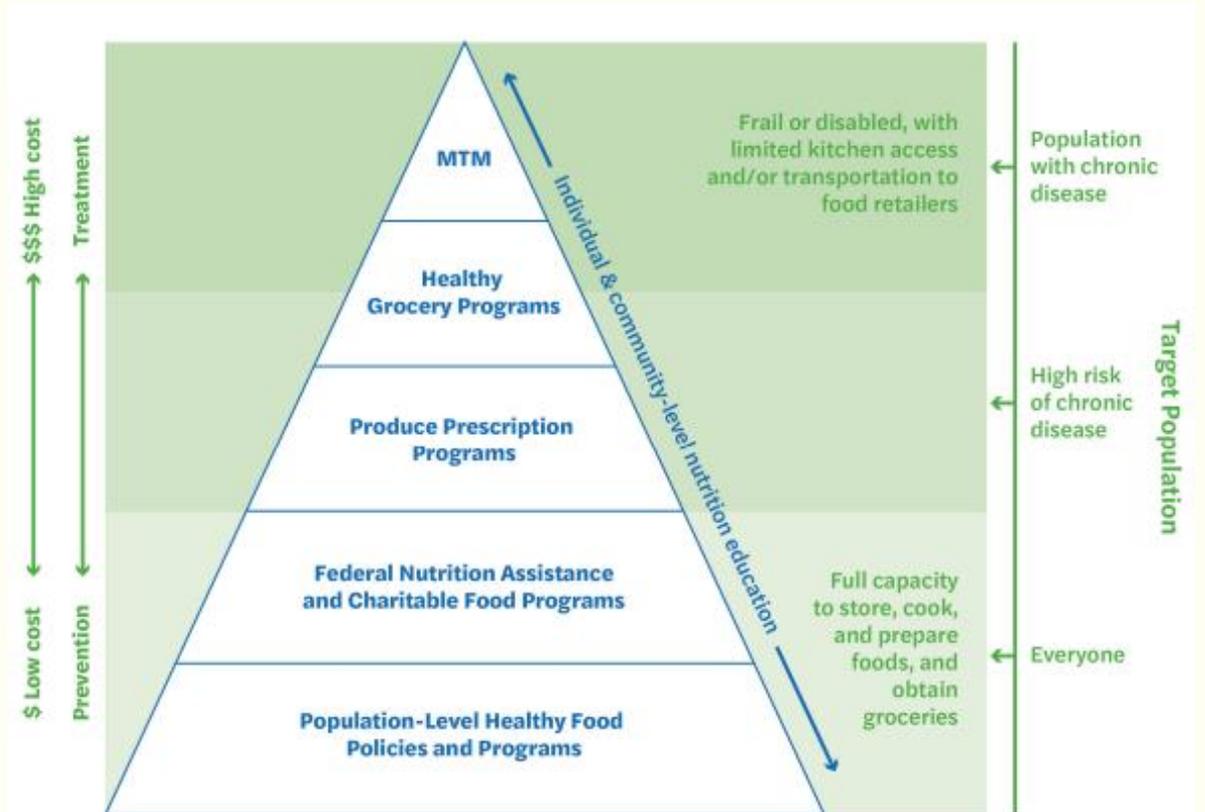
What Is Culinary Medicine

What is Food is Medicine

Then



Now



NOPREN 2023



NIH-Defined Food Is Medicine Services & Activities



Medically tailored meals



Medically tailored and healthy food packages or groceries



Prescriptions for nutritious groceries or produce



Nutritious food referrals or vouchers



Culinary medicine and teaching kitchen programs



What is Culinary Medicine

Culinary Medicine:

Field in medicine that blends the art of food and cooking with the science of medicine

Culinary Nutrition:

Field that blends the practices of applied nutrition science with the culinary arts



"The practice of translating nutrition recommendations into real foods and repeatable behaviors"



What is Culinary Medicine

"The Dietary Guidelines for Americans (DGA) recommend eating 3-5 servings of whole grains each day"



How do I do this?

What does it taste like?



What does it feel like?

How can I make it easier?

What is Culinary Medicine



Staff & Trainees



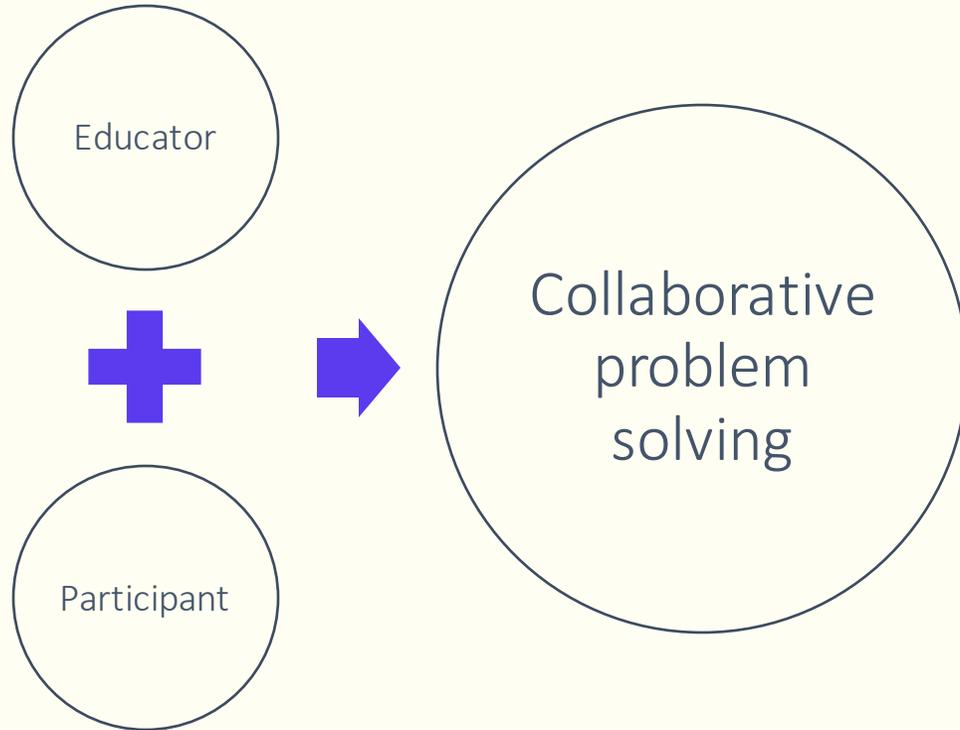
Adults and Children



Community Members



Person Centric Culinary Medicine



Person Centric Culinary Medicine



Person Centric Culinary Medicine

Barbeque

Person Centric Culinary Medicine



- <https://oneyearwithjesus.files.wordpress.com/2014/10/one-size-fits-all.jpg?w=1200&h=800&crop=1>

Person Centric Culinary Medicine

Consider different learning styles

Common Foods & Flavors of the AFRICAN HERITAGE DIET

*** eat most often ** eat moderately * eat less often

Vegetables *** asparagus, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, garlic, green beans, lettuce, long bean, okra, onions, peppers, radish, scallions, squashes, yam bean (jicama), zucchini	Fruits *** avocados, baobab, bananas, blackberries, blueberries, cherries, dates, dewberry, figs, grapefruit, guava, horned melon, lemons, limes, mangoes, oranges, papaya, peaches, pineapples, plums, pomegranates, pumpkin, tamarind, tomatoes, watermelon	Leafy Greens *** beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress
Beans *** black-eyed peas, broad beans, butter beans, chickpeas, cowpeas, kidney beans, lentils, lima beans, pigeon peas	Starches & Whole Grains *** amaranth, barley, couscous, fonio, injera, Kamut®, maize/corn, millet (pearl, finger), rice, sorghum, teff, wild rice	Tubers *** breadfruit, cassava, plantains, potatoes, sweet potatoes, yams, yucca
Herbs, Spices, & Sauce Ingredients *** apple cider vinegar, annatto, arrowroot, bay leaf, cinnamon, cilantro, cloves, coconut milk, coriander, dill, ginger, mustard, nutmeg, oregano, other vinegars, paprika, parsley, peppers, sage, sesame	Nuts & Seeds *** benne seeds, Brazil nuts, cashews, coconuts, dika nuts, groundnuts, peanuts, pecans, pumpkin seeds, sunflower seeds	Dairy ** buttermilk, yogurt non-lactose: almond milk, rice milk, soy milk
Poultry, Eggs, & Meat ** chicken, chicken eggs, beef, lamb, turkey	Fish & Seafood ** bream (pongy), catfish, cod, crappie, crayfish, dried fish, mackerel, mussels, oysters, perch, prawns, rainbow trout, sardines, shrimp, tuna	Sweets * cakes, custards, cobblers, and pies made with fruits, nuts, whole grains, and minimal sugars
Oils ** coconut oil, olive oil, palm oil, peanut oil, sesame oil, shea butter	Herbs, Spices, and Traditional Sauces *** (Included in the main list above)	Whole Grains *** (Included in the main list above)

Drink Water

Be Physically Active; Enjoy Meals With Others

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WORKSHOP 10 AFRICAN HERITAGE & HEALTHY PLATE

A TASTE OF AFRICAN HERITAGE STUDENT HANDOUT 1

BUILDING AN AFRICAN HERITAGE HEALTHY PLATE

- 1. Vegetable:**
 Asparagus, Beets, Brussels Sprouts, Cabbage, Carrots, Cucumbers, Eggplant, Green Beans, Okra, Parsnips, Peppers, Radishes, Squash, Tomatoes, Turnips, Zucchini
- 2. Leafy Green:**
 Arugula, Beet Greens, Chard, Collard Greens, Dandelion Greens, Curly Kale, Lacinato Kale, Spinach, Turnip Greens, Watercress
- 3. Whole Grain:**
 Amaranth, Barley, Brown Rice, Whole Corn, Whole Cornmeal, Couscous, Whole Grain Macaroni, Millet, Whole Grain Pasta, Quinoa, Whole Rye, Spelt, Sorghum, Tefl, Tefl Flour, Whole Grain Breads, Wild Rice
- 4. Higher Protein Foods - Beans, Peas, Seafood or Meat:**
Beans & Peas: Black Beans, Black-Eyed Peas, Chickpeas, Fava Beans, Great Northern Beans, Kidney Beans, Lentils, Lima Beans, Pigeon Peas, Red Beans, Navy Beans, Pesto Beans
Seafood: Catfish, Cod, Dried Fish, Mackerel, Mussels, Perch, Prawns, Rainbow Trout, Salmon, Sardines, Shrimp, Tuna
Poultry & Meat (Small Amounts): Baked or Pan-Cooked Chicken, Lamb, Turkey Breast
Red Meat as a flavoring.

OR

Tuber or Fibrous Fruit:
 Ackee, Bananas, Breadfruit, Cassava, Cocoyam, Jicama, Plantains, Potatoes, Sweet Potatoes, Taro, Yams

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Person Centric Culinary Medicine

You don't have to know everything

Oldways has worked with subject matter experts to develop several heritage diet pyramids over the years.

- 1993: Mediterranean Diet Pyramid
- 1995: Asian Heritage Diet Pyramid
- 1997: Vegetarian Diet Pyramid
- 2009: Latin American Heritage Diet Pyramid
- 2011: African Heritage Diet Pyramid



African Heritage Diet Advisory Committee



- **CONSTANCE BROWN-RIGGS, MSED, RD, CDE, CDN**
- **ANGELA GINN-MEADOW, RD, LDN, CDE**
- **ALLAN J. JOHNSON, PHD**
- **ROBERT HALL, PHD**
- **JESSICA B. HARRIS, PHD**



- **KRISTIE LANCASTER, PHD**
- **VIVIEN MORRIS, MS, RD, MPH, LDN**
- **FREDERICK DOUGLASS OPIE, PHD**
- **TAMBRA RAYE STEVENSON**
- **TONI TIPTON-MARTIN**



- **KATHERINE TUCKER, PHD**
- **GAIL PETTIFORD WILLETT**
- **WALTER WILLETT, MD, DRPH**
- **AKUA WOOLBRIGHT, PHD**
- **SARA BAER-SINNOTT**

Person Centric Culinary Medicine

Things to remember



PEOPLE FIRST



NUANCE



ASSETS



ADAPT

Person Centric Culinary Medicine

“I have yet to hear of a traditional diet — from any culture, anywhere in the world — that is not substantially healthier than the ‘standard American diet.’ The more we honor cultural differences in eating, the healthier we will be.”

Michael Pollan

The New York Times Magazine

Oct 2011

Six Steps To Get Started

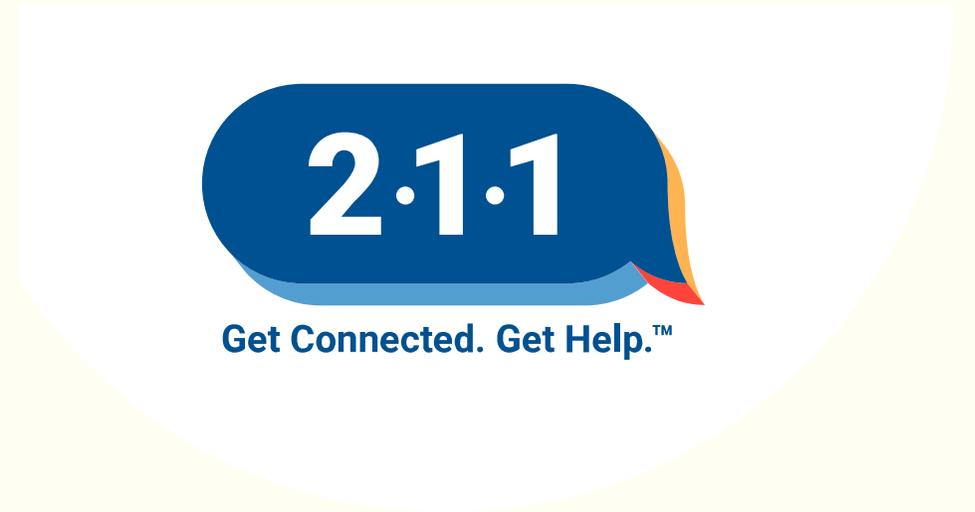
1. Investigate what programs already exist



The EveryONE Project™
Advancing health equity in every community



neighborhood
navigator



1. Investigate what programs already exist

The image shows a screenshot of the findhelp website. At the top left is the findhelp logo. In the top right corner, there are links for Support, Sign Up, and Log In. The main content area on the left contains the text: "Find free or reduced-cost resources like food, housing, financial assistance, health care, and more. Help starts here." Below this is a search bar with "ZIP 16801" and a "Search" button. A small box below the search bar says "34,055,736 people use it (and growing daily)". Below the search bar is a paragraph: "If you or someone you know is in crisis, call or text 988 to reach the Suicide and Crisis Lifeline, with them online via their website, or text HOME to 741741 (multiple languages available). If th an emergency, call 911". A large blue arrow points from the search bar area to the right, where a search results page is shown. The search results page has a teal header with the findhelp logo and links for Support, Sign Up, and Log In. Below the header is a search bar with "ZIP or keyword or program name" and a search icon. Below the search bar is a "Select Language" dropdown menu with "English" selected. Below the dropdown menu is a row of ten icons representing different categories: FOOD, HOUSING, GOODS, TRANSIT, HEALTH, MONEY, CARE, EDUCATION, WORK, and LEGAL. Below the icons is a large upward-pointing arrow. Below the arrow is the text "2,113 programs" in a large font, followed by "in the boalsburg, pa 16827 area" in a smaller font. Below this is a horizontal line and the text "Choose from the categories above and browse local programs".

Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.
Help starts here.

ZIP

34,055,736 people use it (and growing daily)

If you or someone you know is in crisis, call or text 988 to reach the [Suicide and Crisis Lifeline](#), with them online via their website, or text HOME to 741741 (multiple languages available). If th an emergency, call 911

findhelp Support Sign Up Log In

ZIP or keyword or program name

Select Language
English

FOOD HOUSING GOODS TRANSIT HEALTH MONEY CARE EDUCATION WORK LEGAL

↑

2,113 programs
in the boalsburg, pa 16827 area

Choose from the categories above and browse local programs



1. Investigate what programs already exist

THE FOOD IS MEDICINE

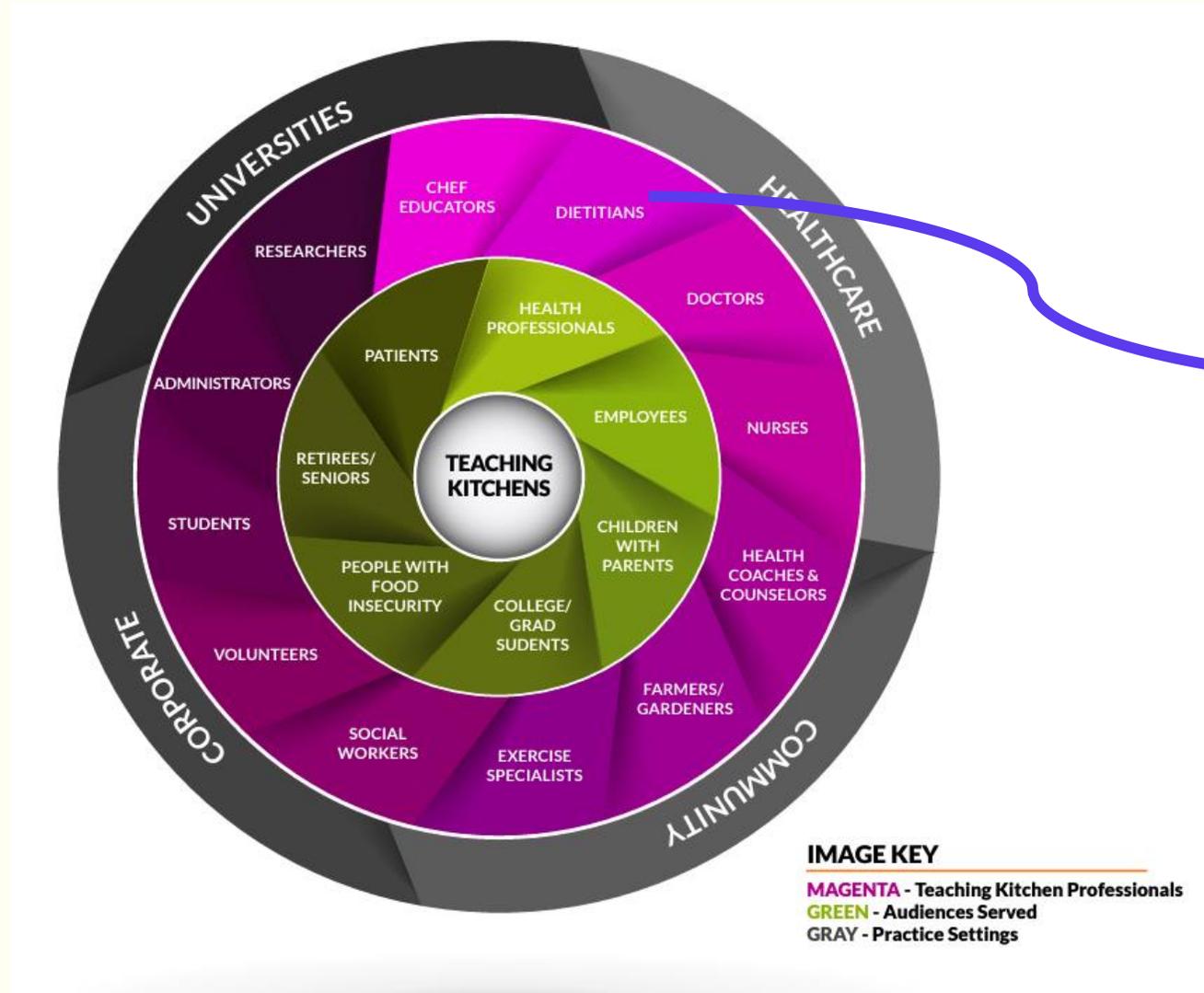


MAP

INITIATIVE
PRESENTED
BY:



2. Assemble your team



Dietitians



2. Assemble your team

Journal of the Academy of Nutrition and Dietetics **eat right.**

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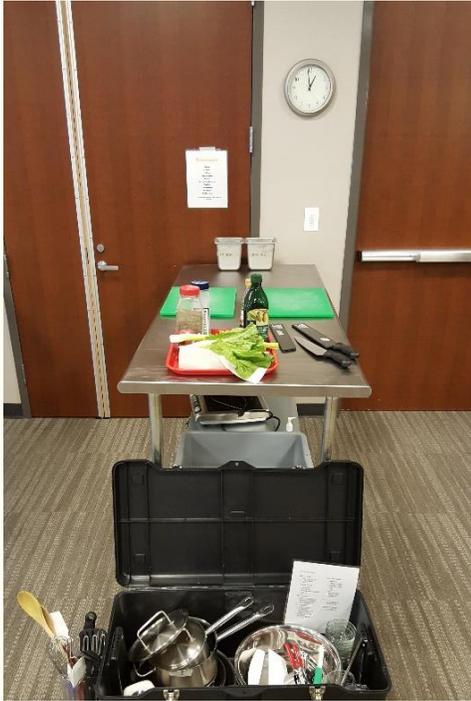
Registered Dietitian Nutritionists Taking the Lead in Teaching Kitchens

[Olivia W. Thomas, MS, RDN, LD](#) • [Catherine R. McManus, PhD, RDN, LD](#)   • [Christina Badaracco, MPH, RDN, LDN](#) • [Julia MacLaren, RD](#) • [Aliza Mason, RDN](#) • [John Wesley McWhorter, DrPH, MS, RDN, LD](#)

Published: July 13, 2023 • DOI: <https://doi.org/10.1016/j.jand.2023.07.006> • 



3. Establish your teaching kitchen



No Kitchen



Virtual



Pop-Up



Built-In

3. Establish your teaching kitchen

Food safety



Hand sanitizer, disposable gloves, surface sanitizer, disposable towels

The basics



Mixing bowl, measuring cups/spoons, jar with lid, cutting board, chef's knife, mixing spoon

Nice to have



Hot plate, blender, electric kettle (to cook bulgur, oats, etc.)

3. Establish your teaching kitchen

Hot plat or induction burner



Overhead view:
Tripod OR document
cameras + laptop

Participants:
Laptop or tablet

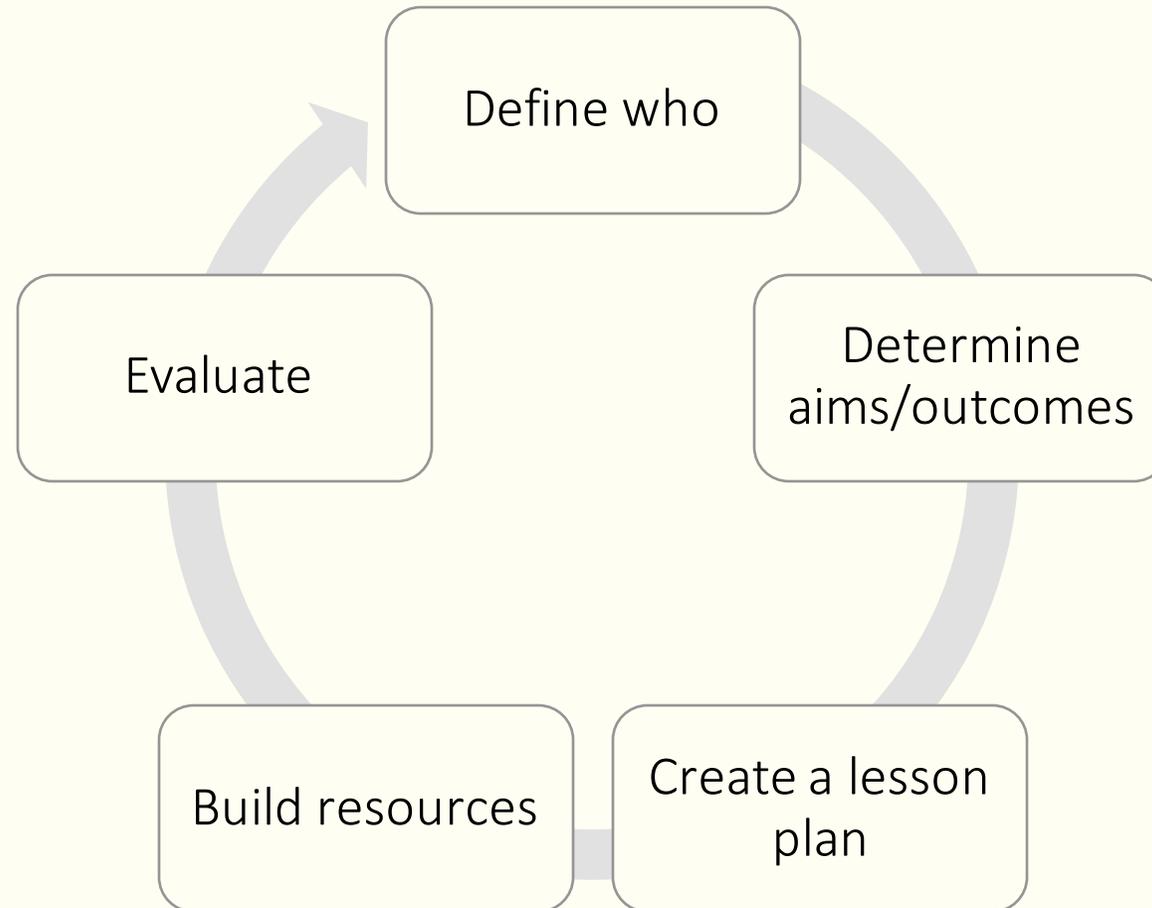
Frontal view:
Phone + tripod



Consider pre-recorded



4. Curate your content



4. Curate your content



Rainbow Grain Soup

This soup uses hearty ingredients to make a delicious and satisfying meal.

Chopped **non-starchy vegetables** add flavor and nourishing colors. Each vegetable color (red, orange, green, etc.) has a different health benefit. That is why we recommend eating a variety of colors at every meal!

The **whole grains** in this soup add carbohydrates for energy and fiber to help digestion and keep you full.

You can choose between meat or plant-based **protein** options to make this a meal that you will love!

Burner/Stove top
 6 skills practiced
 3 serving
 35-45 minutes

INGREDIENTS

- 1 pound protein** (skinless boneless chicken thigh or breast, firm tofu, or 15oz can of beans)
- 3 non-starchy vegetables** (1 onion, 3 medium carrots/celery, 1 bell pepper, etc.)
- ½ cup whole grains** (quinoa, pearly barley, 1 cup instant brown rice, etc.)
- 4 cups water**
- 2 tablespoons oil** (olive, canola, vegetable, etc.)
- 1 tablespoon low sodium bouillon seasoning** (or Better than Bouillon paste)
- (optional) 2 teaspoons seasoning** (italian, light adobo, light cajun, mrs. dash, etc.)
- Salt as needed** (or salt substitute)

Nutrition Per Serving

400-400 cal | Fat 10-15 g | Protein 30-40 g
 Carbs 40-50 g | Sodium 800-900 mg | Fiber: 10-15 g

Recipes can be made:

to avoid all major allergies and intolerances and accommodate vegetarian, vegan, halal, kosher, and other dietary patterns.



DIRECTIONS



6. Add the protein and broth to the stockpot. Bring to a boil, cover, lower heat to low and let simmer for 20 minutes. Add the protein to the stockpot. Add the bouillon and the water. (If your soup is too thick, add a little more bouillon and water). Bring the water to a boil (large bubbles form). Once boiling, cover the stock pot with a lid. Turn the heat to low and let simmer (small bubbles) for 20 minutes.

1 tbsp 4 cup



7. Check protein doneness if cooking meat. Cut into 1 piece of the protein with a knife. Make sure the inside is white/slightly pink and not translucent. Cook chicken until internal temperature reaches 165°F.



8. Remove the cooked chicken from the pot and shred. Add it back into the pot. If cooking with chicken, remove the chicken from the pot and place onto a cutting board. Let cool for 5 minutes. Shred with two forks. Add it back into the pot once shredded. Skip this step if you are cooking with beans or tofu.



9. Taste and flavor the dish. Separate the meal into equal servings. Taste the flavor of your meal, add salt and more of your favorite seasonings to the dish if it is lacking in flavor. Add your favorite spicy topping if you like your food spicy!

sprinkle 2 tps



10. Congratulations, you did it! You cooked a delicious meal that is good for you, while practicing 6 cooking skills! Now, eat up!

- Season
- Sauté
- Chopping
- Protein doneness
- Toast Grain
- Boil

Instructions are the skills needed to apply recommendations into daily living

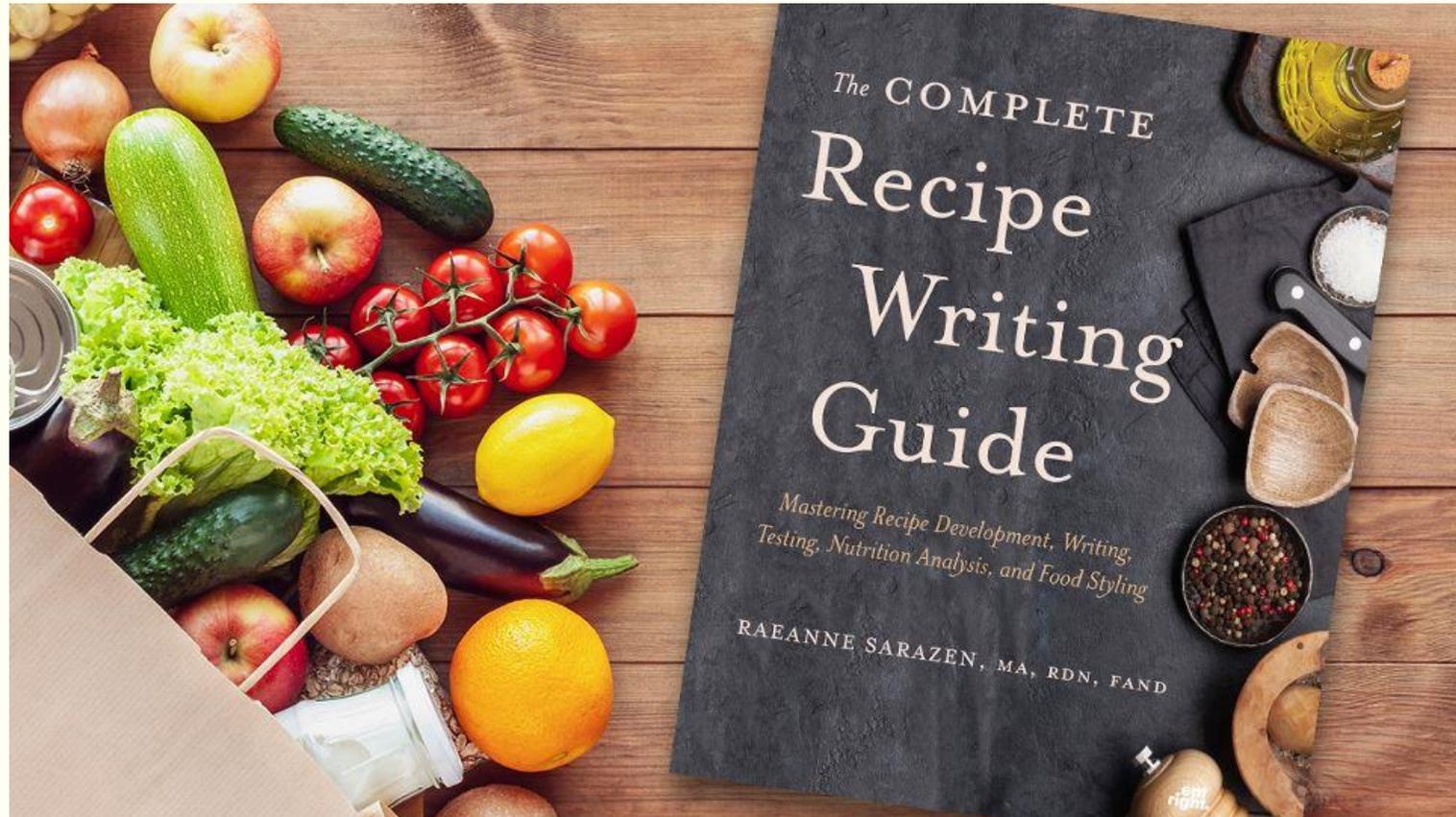
Translate nutrition science into ingredients

Work with dietitians & other professionals to understand your personal goals!

Want more recipes, personalized to you, with video instructions? Scan the QR code or [click here](#) to download The Pursuit® mobile app! Ask your provider for a code to get the app for free.

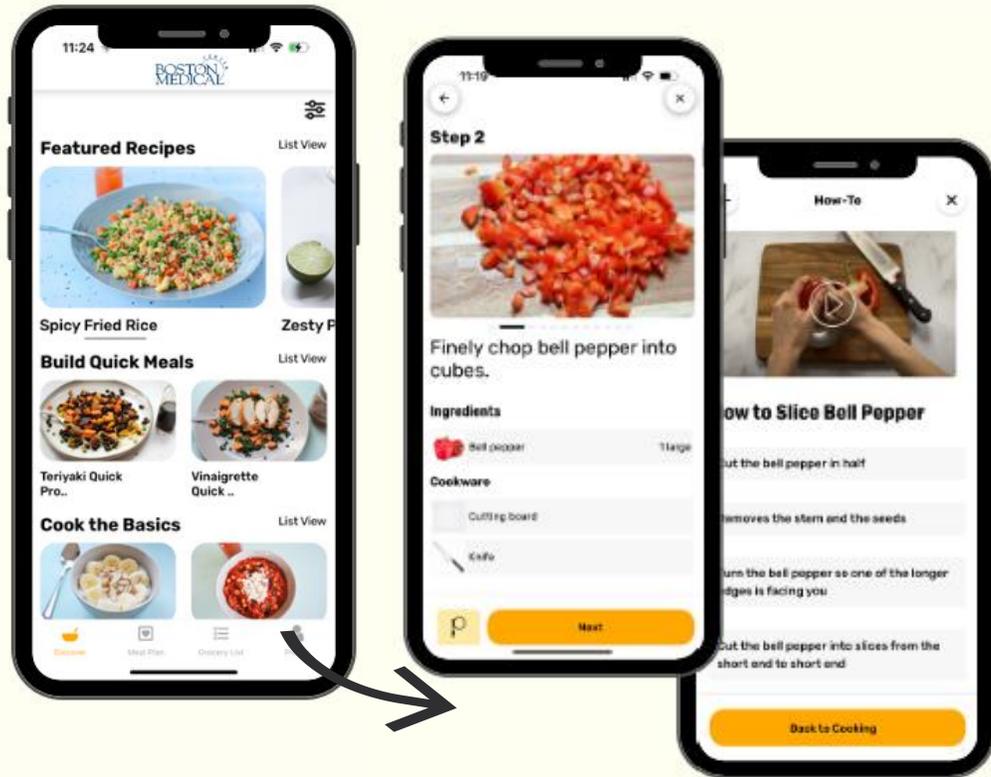


4. Curate your content



4. Curate your content

Rewire Health



SKILL BUILDING & HABIT FORMATION

PERSONOLIZED CONTENT USING THE FOODS YOU LIKE OR HAVE ON HAND

MULTIMEDIA NUTRITION AND CULINARY EDUCATION

OFFERED IN MULTIPLE LANGUAGES



rewire-health.com



4. Curate your content

Oldways

The screenshot displays the Oldways website interface. At the top, there is a navigation bar with links for ABOUT US, NEWS & MEDIA, TRAVEL, BLOG, CONTACT, LOG IN, and CPEU LIBRARY. Below this is the Oldways logo and tagline: "A Food And Nutrition Nonprofit Helping People Live Healthier, Happier Lives". A purple navigation bar contains categories: TRADITIONAL DIETS, RECIPES, RESOURCES, HEALTH STUDIES, PROGRAMS, SHOP, and EVENTS & COURSES. The main content area features a grid of resource cards, including "Heart Disease is NOT a Part of Heritage", "A Balanced Diet", "12 Great Ways to Use... Bell Peppers", and "Mediterranean Diet Pyramid". A search bar is visible at the bottom right of the grid. Below the grid, a dark grey box contains the text "RESOURCES" and a paragraph: "There's an astounding amount of information out there about food, nutrition, and health, and it can be downright exhausting to sift through to find clear-cut and solid counsel. Oldways is here to help. We are dedicated to helping you put the pieces of the eating-well puzzle together. Our approach is based in sound science and has also been ahead of the curve in many areas." Below this is a "SEARCH RESOURCES" section with a search bar and a "Show 12 per page" dropdown menu.

rediscover **goodness**
OLDWAYS A Food And Nutrition Nonprofit
CULTURAL FOOD TRADITIONS Helping People Live Healthier, Happier Lives

- TRADITIONAL DIETS
- RECIPES
- RESOURCES
- HEALTH STUDIES
- PROGRAMS
- SHOP
- EVENTS & COURSES

50% more likely to have high blood pressure than whites

2x as likely to die from heart disease than whites

Less than 80 mm Hg

A Balanced Diet that emphasizes healthy plant foods can help to lower your LDL cholesterol levels by **11.5 mm Hg**

Heart Disease is NOT a Part of Heritage

What is in your heritage is a healthy heart, strong body, and vibrant and delicious foods.

The "Southern Diet" or "Southern Diet" of food habits that have been passed down through generations in the South is not a diet of fried food, but a diet of healthy, vibrant, and delicious foods.

The African Heritage Diet is a diet that is based on the foods that were brought to the New World by African slaves.

African Heritage Diet Pyramid

7 African Heritage Inspired Tips for Heart Health

1. Savor flavor with spices instead of salt.
2. Going for seconds? Opt for veggies like okra, cabbage, or green beans.
3. Use lean, healthy meats in smaller amounts for flavor.
4. Find red foods everywhere. At a corner store, buy jarred beans or a piece of fruit at a lunch buffet, load up your plate with salad, veggies, fruit, and beans.
5. Jazz up fruits—like melons, berries, or mangoes—for dessert.
6. Add crushed ice to iced tea or sparkling water to make refreshing.
7. Think of people as your inspiration.

12 Great Ways to Use... Bell Peppers

Bell peppers are a popular vegetable in Mediterranean cooking, perhaps because they come in a variety of bright colors. We know what they are: "they get with your eyes first!" They are also an excellent source of vitamins A, C, and E, and a good source of fiber, and they are low in calories. They are also a source of antioxidants that can help to reduce inflammation and improve heart health. They are also a source of antioxidants that can help to reduce inflammation and improve heart health.

1. Dice bell peppers into strips and serve with hummus or your favorite dip for a healthy snack.
2. Sauté sliced bell peppers with garlic, olive oil, and a pinch of red pepper flakes in a skillet over a high heat for 5-7 minutes until they are tender and slightly charred.
3. Add sliced bell peppers to your favorite soups, stews, or casseroles for a colorful boost.
4. Make a simple bean salad with canned beans, sliced bell peppers, onion, tomato, and olive oil, and serve as a side dish or a complete meal.
5. Roast whole bell peppers in the oven at 400°F for 15-20 minutes, rotating every 10 minutes to brown evenly. Add to salads, sandwiches, or combine with fresh herbs, olive oil, and capers for a delicious side dish or snack.
6. Stuff peppers with a mixture of ground meat, rice, onions, tomatoes, and fresh herbs.
7. Make a simple bean salad with canned beans, sliced bell peppers, onion, tomato, and olive oil, and serve as a side dish or a complete meal.
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Mediterranean Diet Pyramid

The Mediterranean Diet Pyramid is a guide to healthy eating. It is based on the traditional diet of the Mediterranean region. The pyramid is divided into five levels, from top to bottom:

- 1. Olive Oil, Nuts, and Seeds
- 2. Beans, Lentils, and Tofu
- 3. Fish and Seafood
- 4. Poultry, Eggs, and Dairy
- 5. Grains, Vegetables, and Fruits

Additional items include: Drink Water, Herbs and Spices, and Wine (in moderation).

RESOURCES

There's an astounding amount of information out there about food, nutrition, and health, and it can be downright exhausting to sift through to find clear-cut and solid counsel. Oldways is here to help. We are dedicated to helping you put the pieces of the eating-well puzzle together. Our approach is based in sound science and has also been ahead of the curve in many areas.

SEARCH RESOURCES

BY KEYWORD

BY TRADITIONAL DIET

Show

Oldways has a wealth of free and affordable resources for everyone interested in good food, nutrition, and a healthy lifestyle. Search for resources on this page or discover resources for: [Dietitians](#) | [Medical Professionals](#) | [Teachers & Community Organizations](#) | [Hospitals & Health Centers](#) | [Coaches & Wellness Professionals](#) | [Media](#)



4. Curate your content

UTHealth Houston Nourish Toolkit

The screenshot shows the top navigation bar of the UTHealth Houston Nourish Toolkit website. The navigation menu includes: "Why Nourish?", "Teaching Facilities", "Programs & Classes", "Research & Resources" (highlighted with a red box), "News", and "Participate". A dropdown menu is open under "Research & Resources", listing: "Research & Resources", "Recipes", "Cookbook", "Toolkit", "Teaching Kitchen", and "Multisite Trial".

Nourishing the Community through Culinary Medicine

Nourishing the Community Through Culinary Medicine Study is a pilot study to implement a virtual culinary medicine program to adults with diabetes. The purpose of this study is to see how well virtual hands-on healthy cooking classes work to help patients with diabetes change their eating habits and improve their blood sugars and health. This program may help participants develop healthy cooking skills and improve related eating habits.

Nutriendo a la comunidad a través de la medicina culinaria

Nutriendo a la comunidad a través de la medicina culinaria es un estudio piloto para implementar un programa virtual de medicina culinaria para adultos con diabetes. El propósito de este estudio es entender qué tan bien funcionan clases virtuales de cocina saludable para ayudar a los pacientes con diabetes a cambiar sus hábitos alimenticios, mejorar sus niveles de glucosa en la sangre, y mejorar su salud. Este programa puede ayudar a los participantes a desarrollar sus habilidades culinarias saludables y mejorar los hábitos alimenticios.



4. Curate your content

UTHealth Houston Nourish Toolkit



GOAL Setting

Patient Educational Handout

nourish



Bringing all this information together, write one SMART goal to increase your physical activity. A SMART goal for physical activity means:

- S** specific physical activity you are completing
- M** measurable activity through heart rate, distance, or time to complete the action
- A** achievable means understanding where you are starting from and to not take on too much too quickly
- R** relevant to your life in terms of your schedule and starting fitness level
- T** time bound to be completed at specific time

An unrealistic goal could be something like running five miles every day when you are not a regular runner. If we take this idea and make it into a SMART goal, then we would say I am going to start walking around my neighborhood for 15 minutes after work on Tuesdays and Thursdays. This goal includes a specific action that is being done, the days the action should be accomplished, an achievable starting activity, considers working around your schedule, and when the activity will be completed.

Your SMART goal:



Knife Skills

nourish



Techniques

Proper knife skills will help you break down vegetables to the desired size and daily practice of these techniques will keep you safe.

- 1. Make sure knife is sharp**
Tip: a sharp knife allows you to have more precise cuts
- 2. Use a stable cutting board**
Tip: place a damp paper towel or non-slip mat underneath for stability
- 3. Take your thumb and index finger and pinch the bottom of the blade, take the other three fingers and wrap them around the handle.**
- 4. Practice the rocking motion**
Tip: keep the tip of the knife on the cutting board

Helpful Tips

- Make your cuts similar for them to cook evenly.
- When cutting broccoli, hold the head facing down and trim the florets working around the base.
- To shred cabbage, cut it in quarters and slice the cabbage from top straight down through the core.
- To dice a sweet potato, cut it into halves until it is the preferred size to dice.

Knife Cuts

- 1. Slice**
Long, thin slices
- 2. Dice**
Large chunks
- 3. Small Dice**
Small chunks
- 4. Mince**
Very small imperfect cuts
- 5. Half Moon**
Even cuts

Watch the all about knife safety video here!



Scan this QR code to watch a video on knife safety

Watch the advanced knife skills video here!



Scan this QR code to watch a video on cutting vegetables

Watch the 5 basic knife skills video here!



Scan this QR code to watch a video on breaking down vegetables



4. Curate your content

UTHealth Houston Nourish Toolkit



5. Explore funding opportunities

Internally
Funded

Philanthropy

Community
Benefits

Employee
Health

Insurance
Benefits

Medical
Billing



6. Join professional groups or consider further training



Culinary Nutrition Collaborative



HARVARD
MEDICAL SCHOOL

**Culinary Health Education
Fundamentals (CHEF) Coaching**



For more information check out our blog post!



Cooking Demonstration

COLD BLACK-EYED PEA SALAD

rediscover  goodness
OLDWAYS

For the vinaigrette:

2 tablespoons apple cider vinegar
Juice of one lime
1 teaspoon Dijon mustard
1 teaspoon honey
¼ cup olive oil
Half of a small shallot, finely diced (optional)
½ teaspoon ground cumin
½ teaspoon cayenne pepper
Salt and pepper
2 tablespoons fresh cilantro, chopped (optional)

1. To make the vinaigrette, in a small bowl combine and whisk the vinegar, lime juice, mustard, and honey. Drizzle in olive oil gradually, whisking to combine. Add in the shallot (if using), cumin, cayenne, and salt and pepper to taste, whisking to combine. In a medium to large bowl, combine the black-eyed peas, cucumber, bell pepper, jalapeño, and cilantro (if using).
2. Add the vinaigrette to the black-eyed pea mixture, stirring to combine. Refrigerate to chill before serving. Garnish with additional cilantro if desired.

For the salad:

2 (15-ounce) cans of no or low-sodium black-eyed peas, rinsed
1 cup diced cucumber
1 cup diced red bell pepper
2 tablespoons diced jalapeño, seeds removed (optional)



Yield: Serves 6
Time: 20 minutes

Developed by the
**Oldways African
Heritage Program**

Find more recipes at
OldwaysPT.org



A Taste of African Heritage is our six-week cooking and nutrition curriculum. To learn more, or to bring the curriculum to a community near you, contact classes@OldwaysPT.org or 617.421.5500.

Thank you!

View our Center's webinars

