Supplementary Online Content

Eisenberg DM, Miller AM, McManus K, Burgess J, Bernstein A.


eMethods. Supplemental methods and comments

eReferences

eTable. Correlation between personal habits and professional activities among 174 physicians, registered dieticians, and nurse practitioners

eFigure. Healthy Kitchens, Healthy Lives program schedule, March 2010

This supplementary material has been provided by the authors to give readers additional information about their work.
eMethods

Supplemental Program Description

The educational objectives of this conference include the following: summarize opportunities to optimize diet (i.e. foods to encourage, foods to discourage and why) based on the current state of the science, as well as current and likely future public health effects of inaction; provide sufficient information to distinguish between various popular diets and advise patients based on the most recent nutrition science data; provide information to advise patients and consumers about healthy menu and dietary strategies; review the latest research demonstrating the critical importance of regular exercise and mindfulness in combination with diet in order to optimize weight management; become familiar with psychological and behavioral strategies to enable patients to make sustainable health promoting lifestyle changes; and review the relationships between food choices and global sustainability. This nutrition-related information is supplemented by cooking demonstrations, tasting of nutritionally balanced, yet delicious recipes, and hands-on cooking workshops involving all course attendees under the direct supervision of culinary nutritionists and chef educators. Additional articles describing the Healthy Kitchens, Healthy Lives conference have been published elsewhere.1,2

Selected Medical and Culinary Topics Covered at Healthy Kitchens, Healthy Lives CME Program

- Optimizing dietary patterns based on evidence
- Healthy vs. less healthy carbohydrates, fats, and proteins
- Relationship between dietary pattern and cardiovascular risk
- Performing a nutritional assessment and when to refer to Registered Dietitians
- Strategies to optimize behavior change
- Fundamental knife skills
- Creating meal plans along with kitchen skill sets necessary to prepare a variety of dishes including whole grains, vegetables, plant and animal proteins, fruits and healthy desserts, all while emphasizing convenience, taste and flavor, preparation time and affordability.
- Creating budget meal plans that cost less than $3 per person.
Supplemental Methods

In addition to tracking changes in personal and professional nutrition related behaviors over time, we examined the responses of healthcare clinicians (MD’s, RN’s, RD’s) at the three month follow-up (n = 174) to explore associations between responses to questions on personal nutrition-related habits and nutrition-related counseling behaviors. Specifically, we examined Spearman rank-order correlations between responses to questions on personal habits (Questions 1, 2, 4, 5, 6, 7) and counseling behaviors (Questions 8, 9, 11, 12, 13, 14, 15). We explored rank-order correlations by using the original response categories and by using collapsed categories where the responses to each question were grouped into two categories (e.g., for Question 2: “I am aware of calories on my plate never or sometimes versus I am aware of calories on my plate often or almost always”). See Supplemental Results below.

Supplemental Comments

“Culinary literacy,” defined here as the ability to select, prepare, and cook foods from scratch, is at all time low. The average time spent cooking from 1965 to 1995 decreased by 50% in the U.S. across all demographic groups. Further, evidence suggests that each thirty minutes of reduced cooking time has been associated with an increase in BMI of 0.5. As such, the need for a major realignment and sharing of professional skill sets may be useful to create models which support the reduction of global obesity and diabetes. In addition, these same efforts may simultaneously address the prevalence rates of high blood pressure, elevated cholesterol, cardiovascular disease, and selected malignancies.
Our educational approach was also informed by previous research that demonstrated that across medical specialties, the most powerful and consistent predictor of a physician’s counseling behavior is whether or not he or she practiced a particular behavior him or herself.\textsuperscript{5} For instance, if physicians exercised, they were more apt to counsel about the benefits of exercise;\textsuperscript{6} if they ate a diet low in saturated fats, they counseled about the benefits of reducing saturated fat consumption.\textsuperscript{7} We, therefore, hypothesized that teaching physicians and other healthcare professionals the information needed to distinguish healthy from less healthy foods, along with skills to shop for, prepare, and cook healthy foods; and, if we could share successful behavioral strategies to encourage positive and sustainable health promoting habits for physicians, then there was a heightened probability that these physicians (and other healthcare providers in attendance) would be more likely to counsel patients about these same health promoting lifestyle choices.

A recent review of nutrition education courses across the U.S. has documented that in 2009 only 25\% of U.S. medical schools required a dedicated nutrition course, compared to 30\% in 2004.\textsuperscript{8} Although most medical schools required some form of education in nutrition, only 27\% of schools teach the minimum twenty-five required hours established by the National Academy of Sciences.\textsuperscript{8,9} Overall, U.S. medical students received an average of 19.6 contact hours of nutrition instruction during their four year educational training programs (range: 0 to 70 hours).\textsuperscript{8} Among U.S. medical students, 71\% of entering medical school freshman considered nutrition to be very important, whereas 46\% of exiting seniors considered nutrition to be important.\textsuperscript{10} This may be due, in part, to the lack of medical school faculty who are nutrition experts.\textsuperscript{8,11} Perhaps this deficiency can be partially addressed through the development of useful nutrition-related CME programs for physicians already in practice and those responsible for undergraduate and post-graduate medical education.
Davis et al reviewed the overall impact of traditional continuing medical education (CME) activities across specialty groups and concluded “...that where performance change is the immediate goal of a CME activity, the exclusively didactic CME modality has little or no role to play. Knowledge is clearly necessary but not in and of itself sufficient to bring about change in physician behavior and patient outcomes.” The educational approach developed for the Healthy Kitchens, Healthy Lives conference, which combined both didactic and experiential, hands on learning, was consistent with Davis et al’s conclusion that interactive continuing education sessions that enhance participant activity and provide the opportunity to practice skills can affect change in professional practice and, on occasion, healthcare outcomes.

To follow up on our study, a logical next phase would be to expose larger numbers of healthcare professionals to this type of interactive continuing medical education and to follow them over longer periods of time (1-2 years) for: (a) changes in their personal nutrition-related behaviors; (b) parallel changes in nutrition-related counseling behaviors with their patients; and (c) the tracking of outcomes of patients cared for by these practitioners. Ultimately, the goal is to see if this multi-disciplinary educational approach, as applied to healthcare professionals, will lead to measurable and sustained health-promoting lifestyle changes in both populations (i.e. health care providers and their patients).

If new educational programs combining medical, nutritional and culinary education lead to changes in the personal behaviors of physicians and other healthcare professionals, there is reason to believe that these changes could, in fact, lead to parallel changes in their nutrition-related counseling behaviors and, ultimately, across large numbers of adults and children. The precedent for such a phenomenon was established nearly half a century ago when physicians, en masse, came to the shared conclusion, based upon irrefutable evidence, that smoking was harmful to one’s health and needed to be avoided or discontinued. Indeed strategies to reduce smoking rates in the U.S. have been effective. Specifically, per
capita tobacco use has reduced by nearly two thirds from the 1960s to 2006. One cannot help but wonder what the impact would be if the majority of healthcare professionals intentionally stopped eating highly processed foods, sugar sweetened beverages and meals containing excessive amounts of calories and unhealthy fats. As Frank and Segura have commented, “It would be efficient and beneficial to improve the health of the whole population by improving the health habits of the few.”

In this context, it is worth considering that several generations of physicians have been required to study and show some degree of familiarity with “laboratory” exercises which parallel didactic knowledge acquisition in required courses (e.g. chemistry and chemistry lab; anatomy and anatomy lab, etc.). Might “Teaching Kitchens” someday be viewed as essential “laboratory” components within required nutrition education courses for future generations of healthcare professionals?

Twenty four centuries ago, Hippocrates wrote, “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we will have found the safest way to health.” Perhaps novel educational programs combining nutrition, culinary and lifestyle components in both didactic and experiential settings, will bring medical professionals closer to this time honored goal.

eReferences

Supplemental Results

eTable. Correlation between personal habits and professional activities among 174 physicians, registered dieticians, and nurse practitioners

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<tr>
<th></th>
<th>Q1</th>
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<tr>
<td>Q1. Cook own meals</td>
<td>1.00</td>
<td>0.21**</td>
<td>0.23**</td>
<td>0.22**</td>
<td>0.15*</td>
<td>0.24**</td>
<td>0.11</td>
<td>0.12</td>
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<td>-0.04</td>
<td>-0.00</td>
<td>-0.01</td>
<td>0.07</td>
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<td>Q2. Aware of calories</td>
<td>1.00</td>
<td>0.17*</td>
<td>0.32****</td>
<td>0.09</td>
<td>0.14</td>
<td>0.30****</td>
<td>0.26***</td>
<td>0.15</td>
<td>0.10</td>
<td>0.13</td>
<td>0.25**</td>
<td>0.21**</td>
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<td>Q4. Overall diet</td>
<td>1.00</td>
<td>0.51****</td>
<td>0.17*</td>
<td>0.35****</td>
<td>0.44****</td>
<td>0.35****</td>
<td>0.24**</td>
<td>0.32****</td>
<td>0.17*</td>
<td>0.22**</td>
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<td>Q5. Eat vegetables/fruits</td>
<td>1.00</td>
<td>0.22**</td>
<td>0.25***</td>
<td>0.26***</td>
<td>0.21**</td>
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<td>0.13</td>
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<td>Q6. Eat nuts</td>
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<td>0.28***</td>
<td>0.04</td>
<td>0.07</td>
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<td>Q7. Percentage of breads whole grain</td>
<td>1.00</td>
<td>0.33****</td>
<td>0.29***</td>
<td>0.30****</td>
<td>0.20**</td>
<td>0.34****</td>
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<td>Q8. Assess nutritional status</td>
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<td>0.67****</td>
<td>0.40****</td>
<td>0.45****</td>
<td>0.31****</td>
<td>0.49****</td>
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<td>Q9. Advise overweight or obese patients</td>
<td>1.00</td>
<td>0.39****</td>
<td>0.31****</td>
<td>0.29**</td>
<td>0.44****</td>
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<td>Q11. Discuss healthy body weight</td>
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<td>0.58****</td>
<td>0.75****</td>
<td>0.68****</td>
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<td>Q12. Suggest follow-up to discuss lifestyle changes</td>
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<td>1.00</td>
<td>0.60****</td>
<td>0.68****</td>
<td>0.50****</td>
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<td>Q13. Discuss physical activity</td>
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<td>1.00</td>
<td>0.59****</td>
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<td>Q14. Discuss eating out</td>
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<td>1.00</td>
<td>0.62****</td>
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<td>Q15. Advise about meal preparation</td>
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*Spearman rank order correlations; * is < 0.05, ** is < 0.01, *** is < 0.001, and **** is < 0.0001
See also HKHL Course Program here:
Thursday, March 17

Optional Pre-Conference Events

12:00 PM  Ehlers Estate Winery Tour & Lunch  
($90, pre-registration required)  
Plan to arrive at Ehlers Estate (3222 Ehlers Lane, St. Helena, CA) by 12:00 p.m. for a fun, educational event that will include a festive lunch, structured wine tastings, and an overview of the certified organic and biodynamic agricultural practices of this unique estate winery in the heart of Napa Valley that gives 100% of its profit to fund cardiovascular research.

12:15 PM  An Insider’s Tour of Select Napa Valley Wineries  
($50, pre-registration required)  
Plan to arrive at the CIA between 12:15 p.m. for registration in the Atrium of the CIA at Greystone (1st floor) for behind-the-scenes tours of select Napa Valley wineries. Winery tour buses will board at 12:30 p.m. for departure at 12:45 p.m. Buses will return to the CIA by 3:45 p.m.

1:45 PM  Knife Skills Workshop  
($85, pre-registration required)  
Plan to arrive at the CIA between 1:15 and 1:30 p.m. for registration in the Atrium (1st floor) of the CIA at Greystone for this two-hour workshop on knife skills that will run from 1:45 p.m. to 3:45 p.m. Participants will have the opportunity to get a sneak preview of the CIA’s teaching kitchens in a pre-conference activity designed to give you hands-on experience honing your culinary skills. Space is limited to 40 participants, and available on a first-come, first-serve basis.

4:00 PM  Registration for the Conference Opens  
CIA at Greystone Atrium (1st floor)
5:00 PM  Plenary Session I  
Ventura Foods Center for Menu Research & Development (3rd floor)  

Welcome and Opening Remarks (15 minutes)  
Healthy Kitchens, Healthy Lives: Welcome & Orientation  
Presenters: Charles Henning (CIA)  
Mark Erickson (CIA)  
David Eisenberg, MD (Harvard)  

Presentation (20 minutes)  
Healthy Kitchens, Healthy Lives: Inspiration from World Kitchens  
Presenter: Amy Myrdal Miller, MS, RD (CIA)  

Culinary Presentations/Demonstrations  
Exploring World Kitchens: Inspiration for Cooking with Vegetables  
Moderator: Amy Myrdal Miller, MS, RD (CIA)  

The Italian Vegetable Kitchen: Inspiration for Beans & Greens (15 minutes)  
Culinary Presenter: Joyce Goldstein (Chef, Cookbook Author, Consultant)  

The Indian Spice Kitchen: Making Vegetables Craveable (15 minutes)  
Culinary Presenter: Suvir Saran (Chef, Cookbook Author, Consultant)  

The California Vegetable Kitchen: Seasonal Inspiration from Local Farms (15 minutes)  
Culinary Presenter: John Ash (Chef, Cookbook Author, Consultant)  

Brief Presentation (5 minutes)  
Healthy Foods in Focus: A Nutrition Review of the Reception & Friday’s Breakfast Menu  
Presenters: David Eisenberg, MD (Harvard)  
Amy Myrdal Miller, MS, RD (CIA)  

6:30 PM  Reception and Exhibition Open  
Historic Barrel Room (2nd floor)  

Exploring a World of Healthy Flavors  
The reception and exhibition is a walk-around event featuring healthy foods from  
Mediterranean, Asian, Latin American, and contemporary American kitchens  
prepared by the chefs of The Culinary Institute of America.  

Meet the Authors  
The following conference nutrition and culinary faculty will be signing books during  
this time. Books will be available for purchase in the Barrel Room during the book  
signing; at other times, attendees may purchase books in the campus store.  
• John Ash, author of From the Earth to the Table  
• Joyce Goldstein, author of Mediterranean Fresh and Tapas  
• Suvir Saran, author of American Masala and Indian Home Cooking
7:30 PM  Reception and Exhibition Close
** If you choose to go out for dinner, please make reservations for 8:00 p.m. or later. Find links to popular Napa Valley restaurants at www.healthykitchens.org

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**Friday, March 18**

7:00 AM  Registration Opens
CIA at Greystone Atrium (1st floor)

7:15 AM  Napa Valley Breakfast Buffet
Ventura Foods Center for Menu Research & Development (3rd floor)

7:15 AM  Brief Presentation (5 minutes)
*Healthy Foods in Focus: A Nutrition Review of the Breakfast Menu*

Presenters:
- David Eisenberg, MD (Harvard)
- Amy Myrdal Miller, MS, RD (CIA)

8:00 AM  Plenary Session II
Ventura Foods Center for Menu Research & Development (3rd floor)

Presentation (55 minutes)
*Healthy Kitchens for Healthy Lives: Taking up the Challenge, Bridging Communities of Stakeholders to Envision Future Models of Health Care*

Presenter:
- David Eisenberg, MD (Harvard)

9:00 AM  Plenary Session III
Ventura Foods Center for Menu Research & Development (3rd floor)

Presentation (50 minutes + 8 minutes for Q&A)
*What We Know About Opportunities to Optimize Our Diets*

Presenter:
- Walter Willett, MD, DrPH (Harvard)

Brief Presentation (2 minutes)
*Healthy Foods in Focus: A Nutrition Review of the Morning Snack*

Presenters:
- David Eisenberg, MD (Harvard)
- Amy Myrdal Miller, MS, RD (CIA)

10:00 AM  Stretch Break and Healthy Snack Tasting
Ventura Foods Center for Menu Research & Development (3rd floor)
10:30 AM  Plenary Session IV  
Ventura Foods Center for Menu Research & Development (3rd floor)  

Principles and Strategies for Healthy Cooking  
Moderator: Amy Myrdal Miller, MS, RD (CIA)  

Presentation (30 minutes)  
A Chef's Toolkit of ideas  
Presenter: Mark Erickson, CMC (CIA)  

Culinary Demonstration (15 minutes)  
Whole Grains & Legumes: Ideas for Quick, Healthful Meals  
Presenter: Joyce Goldstein (Chef, Cookbook Author, Consultant)  

Presentation (15 minutes)  
The Good, The Bad, and The Ugly: Whole Grain Breads and Crackers  
Presenter: Mark Furstenberg (Chef, Author, Consultant)  

11:30 AM  Plenary V  
Ventura Foods Center for Menu Research & Development (3rd floor)  

Principles and Strategies for Healthy Cooking, Part II: A Focus on Healthy Carbohydrates  
Moderator: David Eisenberg, MD (Harvard)  

Presentation (40 minutes)  
Translating the Science on Glycemic Index and Glycemic Load: Advising Patients About Healthy Carbohydrates  
Presenter: Helen DeLichatsios, MD (Harvard)  

Presentation (20 minutes)  
Helping Patients Overcome the Challenges of Choosing Healthy Carbohydrates  
Presenter: Kathy McManus, MS, RD, LDN (Brigham & Women's Hospital)  

Culinary Demonstration (25 minutes)  
Healthy Carbohydrates: Cooking with Couscous and Farro  
Presenter: David Eisenberg, MD (Harvard)  
Suvir Saran (Chef, Cookbook Author, Consultant)  

Brief Presentation (5 minutes)  
Healthy Foods In Focus: A Nutrition Review of the Lunch Menu  
Presenters: David Eisenberg, MD (Harvard)  
Amy Myrdal Miller, MS, RD (CIA)
1:00 PM  Seated Lunch
        Herb Terrace (front of Greystone)

A “See One, Taste One” Lunch
This seated lunch will include foods from the Thursday evening and Friday morning
culinary demonstrations so attendees will get a chance to taste the demonstrated
recipes...and hopefully then teach someone else how to make and enjoy them!

2:00 PM  Optional Fitness Walking Tour of the Greystone Campus
Meet at the front doors of Greystone for a 25-minute walk around the campus
Presenter:  Edward M. Phillips, MD (Harvard Medical School/Massachusetts
General Hospital, Spaulding Rehabilitation Hospital Network)

2:30 PM  Plenary VI
Ventura Foods Center for Menu Research & Development (3rd floor)

Presentation (50 minutes + 8 minutes for Q&A)
Plant-based Foods, Longevity & Prevention of Chronic Disease and Deconstructing
Popular Weight Loss Diets
Presenter:  Eric Rimm, PhD (Harvard)

Presentation (30 minutes)
Creating the Perfect Plate
Presenter:  Mollie Katzen (Cookbook Author, Consultant)

Brief Presentation (2 minutes)
Healthy Foods In Focus: A Nutrition Review of the Afternoon Snack
Presenters:  David Eisenberg, MD (Harvard)
            Amy Myrdal Miller, MS, RD (CIA)

4:00 PM  Stretch Break and Healthy Snack Tasting
Ventura Foods Center for Menu Research & Development (3rd floor)

4:30 PM  Plenary Session VII
Ventura Foods Center for Menu Research & Development (3rd floor)

Principles and Strategies of Healthy Cooking, Part III: A Focus on Fast, Healthful
Meals That Answer the Question “What’s for Dinner?”
Moderator:  Amy Myrdal Miller, MS, RD (CIA)

Culinary Demonstrations (45 minutes)
30-Minute Meals....in 15 Minutes or Less!
Presenters:  John Ash (chef, author, consultant)
             Patrick Clark (CIA)
             David Eisenberg, MD (Harvard)
5:15 PM  Plenary Session VIII  
Ventura Foods Center for Menu Research & Development (3rd floor)  

Moderator:  David Eisenberg, MD (Harvard)  

Presentation (30 minutes)  
Engaging Local Communities in Efforts to Reduce Childhood Obesity  
Presenter:  Christina Economos, PhD (Tufts University)  

Presentation (30 minutes)  
Sustainable Agriculture, Regional Food Systems, and Health  
Presenter:  Tom Kelly, PhD (University of New Hampshire)  

Brief Presentation (5 minutes)  
Healthy Foods in Focus: A Nutrition Review of the Saturday Breakfast Menu  
Presenters:  David Eisenberg, MD (Harvard)  
Amy Myrdal Miller, MS, RD (CIA)  

6:20 PM  Program Concludes for the Day  
** Enjoy dinner on your own in the Napa Valley. Please make reservations for 7 p.m. or later. Find links to popular restaurants at www.healthykitchens.org  

Saturday, March 19  

7:00 AM  Napa Valley Breakfast Buffet  
Ventura Foods Center for Menu Research & Development (3rd floor)  

7:00 AM  Brief Presentation (5 minutes)  
Healthy Foods in Focus: A Nutrition Review of the Breakfast Buffet  
Presenters:  David Eisenberg, MD (Harvard)  
Amy Myrdal Miller, MS, RD (CIA)  

8:00 AM  KITCHEN SESSIONS AND WORKSHOPS  
There are three blocks of time for hands-on cooking opportunities scheduled for Saturday and Sunday. These sessions will give everyone attending the conference a chance to have a hands-on kitchen experience working alongside a CIA chef-instructor. Workshops are also being offered which, while not hands-on, focus on ingredients, tastings, techniques, demonstrations, and practical culinary strategies as well as counseling techniques that promote more healthful eating.
KITCHEN SESSIONS: BLOCK 1
Kitchen Sessions A-D in Teaching Kitchen (3rd Floor)
Kitchen Sessions E-F in Viking Kitchen (1st Floor)

Inside the Healthy Kitchen: New Skills for Healthier Lives
These hands-on sessions are intended to introduce attendees to the skills necessary to prepare several representative dishes from each of the food categories listed below.

A-1 Cool Salads and Creative Dressings
Chef Instructor: Toni Sakaguchi (CIA)

B-1 Whole Grain Additions to Every Meal
Chef Instructor: Tucker Bunch (CIA)

C-1 Vegetables—Inspiration from World Cuisines
Chef Instructor: Thomas Wong (CIA)

D-1 Healthy Protein Cooking Made Easy
Chef Instructor: Patrick Clark (CIA)

E-1 Healthy Cooking with Nuts & Legumes
Chef Instructor: Victor Scargle (CIA)

F-1 Fruit-Based Soups, Salads, Sauces & Smoothies
Chef Instructor: Scott Samuel (CIA)

WORKSHOPS: BLOCK 1
Various campus locations

Workshop 1
Ecolab Theater (1st floor next to the registration area)

Spices, Herbs & Aromatics: Exploring Health and Culinary Benefits
Presenters: Amy Myrdal Miller, MS, RD (CIA)
Suvir Saran (chef, author, consultant)

Interest in and use of culinary spices and herbs is growing in this country. This workshop begins with a look at the evidence to support nutrition and health benefits of a variety of spices, herbs, and aromatics. The guest chef and dietitian then lead participants through a tasting of spices, herbs, and aromatics as ingredients and as ingredients in finished sauces. The chef and dietitian then work together to demonstrate the use of a variety of spices, herbs, and aromatics, and provide practical advice on selecting, storing, and cooking with these flavorful ingredients.
Workshop II
Ventura Foods Center for Menu Research & Design (3rd floor)

Healthy Flavors of the Mediterranean: Ingredients and Flavor Dynamics
Presenters: Kathy McManus, MS, RD, LDN (Brigham & Women's Hospital)
           Bill Briwa (CIA)

The traditional Mediterranean diet is associated with reduced risk of chronic disease. This workshop begins with an overview of the traditional and contemporary Mediterranean diets, including evidence showing how following a Mediterranean-style eating pattern can be an effective weight loss/management strategy. Participants then enjoy interactive culinary demonstrations and tastings of Mediterranean ingredients and dishes.

Workshop III-A
DeBaun Theater (1st floor, behind the campus book store)

Memorable Starts: Building a Better Breakfast
Presenters: Connie Gutterson, RD, PhD (CIA)
           Mark Furstenberg (Baking Expert, Author)

Breakfast eaters tend to eat more healthful diets, including consuming more fruits, vegetables, and fiber. This workshop starts with a discussion of the nutrition, health, and weight management benefits of breakfast. Breakfast “makeover” strategies are presented, including how to improve the carbohydrate quality of the typical breakfast (e.g., whole grain cereals, breads, etc.). Practical ideas are presented for a multitude of healthy breakfasts, including “grab & go” breakfasts for hectic workday mornings, as well as ideas for leisurely weekend brunches.

Workshop IV-A
Williams Flavor Discovery Center (house next to the front gates of Greystone)

Mastering Healthy Marinades and Grilling Techniques
Presenters: Vicki Saunders, MS, RD (St. Helena Center for Health)
           John Ash (Chef, Cookbook Author, Consultant)

Grilling is growing in popularity as a cooking technique, but many are concerned about the health effects of grilling meat (e.g., production of heterocyclic amines [HCAs]). This workshop begins with a discussion of the pros and cons of grilling as a cooking technique, including an examination of the data showing the benefits of marinating meat. The guest chef then discusses recipes for marinating various foods, and demonstrates indoor and outdoor grilling techniques for meat, seafood, vegetables, and fruit. All participants get hands-on experience with grilling pizza made with whole grain crust, grilled vegetables, and small amounts of flavorful cheeses.
**Workshop V-A**
Rudd Center for Professional Wine Studies (1st floor of Rudd Center building)

**Triad for Sustainable Change: Physician + Wellness Coach + Client**
The partnership of a professional wellness coach and client is designed to foster autonomy, personal responsibility, self-motivation, confidence, and resilience, and optimize and sustain improved health and well-being. This talk will translate the science of cognitive, behavioral, and emotional change into practical coaching skills that you can use immediately.
Presenter:  **Margaret Moore** (Co-Director, Institute of Coaching, McLean Hospital/Harvard Medical School)

10:00 AM  **Break / Time to Walk Back to Ventura Center**

10:15 AM  **Plenary Session IX**
Ventura Foods Center for Menu Research & Development (3rd floor)

**The Other Pillars of Change: Physical Activity and Mindfulness as Prerequisites to Weight Management and Healthy Lifestyles**
Moderator:  **David Eisenberg, MD** (Harvard)

Presentation (45 minutes + 10 minutes for Q&A)
**Mindfulness: Developing a Mindful Approach to Eating**
Presenter:  **Lisa Rubinstein, MD** (Boston Psychoanalytic Society and Institute)

Presentation (45 minutes + 10 minutes for Q&A)
**Physical Activity: How Do You and Your Patients Get Moving?**
Presenter:  **Edward M. Phillips, MD** (Harvard Medical School/Massachusetts General Hospital, Spaulding Rehabilitation Hospital Network)

Brief Presentation (5 minutes)
**Healthy Foods in Focus: A Nutrition Review of the Lunch Menu & Dessert Buffet**
Presenters:  **David Eisenberg, MD** (Harvard)
            **Amy Myrdal Miller, MS, RD** (CIA)

12:15 PM  **Tasting Lunch, Exhibition, and Author Book Signing**
Historic Barrel Room (2nd floor)

**Exploring a World of Healthy Flavors**
The tasting lunch and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America.
“Meet the Authors”

Historic Barrel Room (2nd floor)

The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase in the Barrel Room during the book signing; at other times, attendees may purchase books in the campus store.

- **Connie Guttersen**, RD, PhD, author of *The New Sonoma Diet*
- **Mollie Katzen**, author of *The Vegetable Dishes I Can’t Live Without*
- **Susan Nicholson**, RD/LD, author of *7-Day Menu Planner for Dummies*
- **Walter Willett**, MD, DrPH, author of *Eat, Drink & Be Healthy; Eat, Drink & Weigh Less;* and *The Fertility Diet*

**1:30 PM**

Dark Chocolate, Fruit & Nut Dessert Buffet

Ventura Foods Center for Menu Research & Development (3rd floor)

**1:45 PM**

Plenary Session X

Ventura Foods Center for Menu Research & Development (3rd floor)

*Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part I*

**Moderator:**  David Eisenberg, MD (Harvard)

*Presentation (20 minutes)*

**Nutrition Assessment & Motivational Interviewing**

**Presenter:**  Kathy McManus, MS, RD, LDN (Brigham & Women’s Hospital)

*Presentation (40 minutes + 8 minutes for Q&A)*

**Advising the Primary Care Patient: Dietary Supplements & Chocolate**

**Presenter:**  Helen Delichatsios, MD (Harvard)

*Culinary Presentation/Demonstration (20 minutes)*

**The Healthy Baking & Pastry Pantry: Working with Chocolate, Fruit and Nuts**

**Presenter:**  Stephen Durfee (CIA)

*Brief Presentation (2 minutes)*

**Healthy Foods in Focus: A Nutrition Review of the Afternoon Snack**

**Presenters:**  David Eisenberg, MD (Harvard)

Amy Myrdal Miller, MS, RD (CIA)

**3:15 PM**

Break and Healthy Snack Tasting

Ventura Foods Center for Menu Research & Development (3rd floor)
3:30 PM  KITCHEN SESSIONS AND WORKSHOPS

KITCHEN SESSIONS: BLOCK 2
Kitchen Sessions A-D in Teaching Kitchen (3rd Floor)
Kitchen Sessions E-F in Viking Kitchen (1st Floor)

A-2 Cool Salads and Creative Dressings
Chef Instructor: Toni Sakaguchi (CIA)

B-2 Whole Grain Additions to Every Meal
Chef Instructor: Tucker Bunch (CIA)

C-2 Vegetables—Inspiration from World Cuisines
Chef Instructor: Thomas Wong (CIA)

D-2 Healthy Protein Cooking Made Easy
Chef Instructor: Patrick Clark (CIA)

E-2 Healthy Cooking with Nuts & Legumes
Chef Instructor: Victor Scargle (CIA)

F-2 Fruit-Based Soups, Salads, Sauces & Smoothies
Chef Instructor: Scott Samuel (CIA)

WORKSHOPS: BLOCK 2

Workshop IV-B
Williams Flavor Discovery Center (next to the front gates of Greystone)

Mastering Healthy Marinades and Grilling Techniques
Presenters: Vicki Saunders, MS, RD (St. Helena Center for Health)
John Ash (Chef, Cookbook Author, Consultant)

Grilling is growing in popularity as a cooking technique, but many are concerned about the health effects of grilling meat (e.g., production of heterocyclic amines [HCAs]). This workshop begins with a discussion of the pros and cons of grilling as a cooking technique, including an examination of the data showing the benefits of marinating meat. The guest chef then discusses recipes for marinating various foods, and demonstrates indoor and outdoor grilling techniques for meat, seafood, vegetables, and fruit. All participants get hands-on experience with grilling pizza made with whole grain crust, grilled vegetables, and small amounts of flavorful cheeses.
**Workshop V-B**
*Rudd Center for Professional Wine Studies (1st floor of Rudd Center building)*

**Triad for Sustainable Change: Physician + Wellness Coach + Client**
The partnership of a professional wellness coach and client is designed to foster autonomy, personal responsibility, self-motivation, confidence, and resilience, and optimize and sustain improved health and well-being. This talk will translate the science of cognitive, behavioral, and emotional change into practical coaching skills that you can use immediately.

Presenter: **Margaret Moore** (Co-Director, Institute of Coaching, McLean Hospital/Harvard Medical School)

**Workshop VI**
*Ecolab Theater (1st floor next to registration area)*

**Wine: The Latest Research on the Health Impacts plus a Guided Tasting**
Presenters: **Eric Rimm, ScD** (Harvard)  
**John Buechsenstein** (CIA)

Overall wine consumption in the United States has risen 30% in the past decade, and the nation has overtaken Italy as the #2 consumer of wine, second only to France. As the title suggests, this workshop provides an overview of the science regarding the health impact of moderate alcohol consumption, including wine, beer, and spirits. The workshop ends with a guided tasting of six wines.

**Workshop VII**
*Ventura Foods Center for Menu Research & Development*

**Part I: Catalyzing Communities to Prevent Childhood Obesity (60 minutes)**
Presenter: **Christina Economos, PhD** (Tufts)

Childhood obesity is one of the greatest public health threats that we face today. This workshop will explore how researchers and practitioners in the field are fighting this epidemic. Attendees will learn about some of the cutting-edge research in the field, particularly looking at multi-level, community-based interventions that show promising results. Participants will also learn about strategies that they themselves can employ as change agents in their own communities.

**Part II: The Country House Family Restaurant Model for School Kitchens (30 minutes)**
Presenter: **Paul Boundas** (Chef-Owner, Country House, Chicago)

Does the National School Lunch Program need more money or a new approach? This part of the workshop will look at how feeding children cooked-from-scratch meals made from fresh, whole foods is better for their health. Chef Paul Boundas will also demonstrate that not only do the students love the healthy fare, but the program also produces many benefits for the local community.
Workshop VIII
DeBaun Theater (1st floor, behind the campus store)

Children’s Nutrition: Getting Kids (and their Parents) Interested in Good Nutrition and Great Food
Presenters: Sanna Delmonico, MS, RD (Author, Consultant, Educator)
Joyce Goldstein (Chef, Author, Consultant)

Children’s nutrition begins at home. This workshop starts with a discussion of developmental stages, challenges, and strategies for introducing new foods to children, how children perceive new, especially bitter flavors, the roles of parents versus children, and how to help parents avoid food battles. The chef then demonstrates healthy, appealing recipes kids can help shop for and prepare. Participants will get to taste some of the items prepared by the chefs.

5:30 PM Keynote Address
Ventura Foods Center for Menu Research & Development (3rd floor)

Exercise IS Medicine: A Call to Arms...and Gastronomes (55 minutes)
Moderator: David Eisenberg, MD (Harvard)
Presenters: Pamela Peeke, MD, MPH, FACP (National Spokesperson, Exercise IS Medicine; Chief Medical Correspondent, Discovery Health TV; Chief Lifestyle Expert WebMD; Advisor to the U.S. Surgeon General)
Regina M. Benjamin, MD, MBA (18th U.S. Surgeon General; Honorary Co-Chair, Exercise IS Medicine) - INVITED

6:30 PM Program concludes for the evening
** Enjoy dinner on your own in the Napa Valley. Please make reservations for 7:30PM or later. Find links to popular restaurants at www.healthykitchens.org

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Sunday, March 20

7:30 AM Napa Valley Breakfast Buffet
Ventura Foods Center for Menu Research & Development (3rd floor)

7:30 AM Brief Presentation (5 minutes)
Healthy Foods in Focus: A Nutrition Review of the Breakfast Buffet
Presenters: David Eisenberg, MD (Harvard)
Amy Myrdal Miller, MS, RD (CIA)
8:30 AM  Plenary XI
Ventura Foods Center for Menu Research & Development (3rd floor)

Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part II
Moderator: David Eisenberg, MD (Harvard)

Presentation (20 minutes)
Healthy Dining in Restaurants: Practical Tips & Strategies
Presenter: Connie Guttersen, RD, PhD (CIA)

Presentation (20 minutes)
Pouring New Wine into Old Wineskins: Can Lifestyle Medicine Flourish in Our Current Medical Delivery System?
Presenter: John Principe, MD (WellBeingMD, Chicago)

Presentation (40 minutes + 5 minutes for Q&A)
Clinical Pearls for Transforming Lives
Presenter: Heather Peña, MD (Salus at Mayacama)

10:00 AM  Break / Time to Walk to Kitchen Sessions and Workshops

10:15 AM  KITCHEN SESSIONS AND WORKSHOPS

KITCHEN SESSIONS: BLOCK 3
Kitchen Sessions A-D in Teaching Kitchens (3rd Floor)
Kitchen Sessions E-F in Viking Kitchen (1st Floor)

A-3  Cool Salads and Creative Dressings
Chef Instructor: Toni Sakaguchi (CIA)

B-3  Whole Grain Additions to Every Meal
Chef Instructor: Tucker Bunch (CIA)

C-3  Vegetables—Inspiration from World Cuisines
Chef Instructor: Thomas Wong (CIA)

D-3  Healthy Protein Cooking Made Easy
Chef Instructor: Patrick Clark (CIA)

E-3  Healthy Cooking with Nuts & Legumes
Chef Instructor: Victor Scargle (CIA)

F-3  Fruit-Based Soups, Salads, Sauces & Smoothies
Chef Instructor: Scott Samuel (CIA)
WORKSHOPS: BLOCK 3

Workshop III-B
DeBaun Theater (1st floor, behind the campus book store)

Memorable Starts: Building a Better Breakfast
Presenters: Connie Guttersen, RD, PhD (CIA)  
Mark Furstenberg (Baking Expert, Author)

Breakfast eaters tend to eat more healthful diets, including consuming more fruits, vegetables, and fiber. This workshop starts with a discussion of the nutrition, health, and weight management benefits of breakfast. Breakfast “makeover” strategies are presented, including how to improve the carbohydrate quality of the typical breakfast (e.g. whole grain cereals, breads, etc.). Practical ideas are presented for a multitude of healthy breakfasts, including “grab & go” breakfasts for hectic workday mornings, as well as ideas for leisurely weekend brunches.

Workshop IV-C
Williams Flavor Discovery Center (next to the front gates of Greystone)

Mastering Healthy Marinades and Grilling Techniques
Presenters: Vicki Saunders, MS, RD (St. Helena Center for Health)  
John Ash (Chef, Cookbook Author, Consultant)

Grilling is growing in popularity as a cooking technique, but many are concerned about the health effects of grilling meat (e.g., production of heterocyclic amines [HCAs]). This workshop begins with a discussion of the pros and cons of grilling as a cooking technique, including an examination of the data showing the benefits of marinating meat. The guest chef then discusses recipes for marinating various foods, and demonstrates indoor and outdoor grilling techniques for meat, seafood, vegetables, and fruit. All participants get hands-on experience with grilling pizza made with whole grain crust, grilled vegetables, and small amounts of flavorful cheeses.

Workshop IX
Ecolab Theater (first floor)

Saving Time & Money in the Kitchen: Budget-Friendly Strategies & Tips for Home Cooks
Presenters: Susan Nicholson, RD/LD (Syndicated Columnist, The 7-Day Menu Planner)  
Joyce Goldstein (Chef, Author, Consultant)

Consumer research shows that the amount of time the average home cook is willing to spend preparing dinner continues to decrease. Consumer research also shows that consumers are becoming more price-sensitive, seeking value as well as convenience. This workshop will provide practical strategies and proven tricks for
saving both time and money on home-prepared meals with an emphasis on the benefits of planning ahead and writing menus.

Workshop X
Ventura Foods Center for Menu Research & Development (third floor)

Sustainable Diets, Food Systems, and Health: What Every Healthcare Professional Needs to Know
Presenter: Tom Kelly, PhD (University of New Hampshire)

Sustainability is fundamental to good food, and good food is fundamental to sustainability. Contemporary efforts to define a “sustainable diet” began decades ago and have now reached an unprecedented level of urgency and complexity. This workshop will examine the relationship of food to sustainability including a review of key principles and examples of sustainable diets and food systems. Workshop participants will work in peer groups to create visual representations of a sustainable diet. Representations will be shared and discussed to reflect on the role of mental models and heuristics in shaping medical professionals’ perceptions of food and sustainability and the significance of sustainable diets for professional practice and ethics.

12:15 PM  Break/Time to Walk Back to the Ventura Center

12:30 PM  Closing Plenary Session
Ventura Foods Center for Menu Research & Development (third floor)
Town Hall Forum (40 minutes)
Healthy Kitchens, Healthy Lives: Re-imagining Our Future
Moderator: David Eisenberg, MD (Harvard)

Brief Presentation (5 minutes)
Healthy Foods In Focus: A Nutrition Review of the Closing Lunch Menu
Presenters: David Eisenberg, MD (Harvard)
Amy Myrdal Miller, MS, RD (CIA)

1:15 PM  Closing Lunch
Herb Terrace (front of Greystone)

The Best of Farm Fresh California Cuisine
This seated lunch will feature a variety of healthful plant-based recipes featuring seasonal California produce.

2:15 PM  Closing Lunch and Conference Conclude